

STRENGTH



YH-005

CABLE CROSS OVER

Boasting advanced biomechanics the free weight cable cross over is the ideal multi-functional equipment that helps you perform a wide variety of exercises for the whole body.

The Free Weight Series Cable Crossover will provide two adjustable pulleys to guarantee countless exercising opportunities for upper, lower body as well as the core. Extra accessories and handles can be fitted for customised workout routines and increased variety.

The exercises are performed with the user positioned between the two columns. Resistance is provided by the two weight stacks connected to the upper and lower cables of the columns. These cables can be attached to various accessories and handles (supplied).

Several training routines are possible on this versatile equipment. Users can perform exercises with a weight stack, use pull up bars with a multi-angle grip and work with suspension training accessories that can be fitted to the bridge.

Weight Stacks:	2 x 120KG
Net Weight:	375KG
Assembled Dimension:	370cm (L) x 89cm (W) x 225cm (H)