

# LAT PULLDOWN / MID ROW

## HD-3200

MID ROW



LAT PULLDOWN



MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

49.0" x 66.0" x 86.0" (122 cm x 168 cm x 218 cm)

### PRODUCT WEIGHT HD

624 lbs (283 kg)

### PRODUCT WEIGHT HDG

649 lbs (294 kg)

### WEIGHT STACK HD

225 lbs (102 kg)

### WEIGHT STACK HDG

250 lbs (113 kg)

## FEATURES

- ◆ Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- ◆ Dual-position hand grips for mid row exercises
- ◆ Includes ultra-lite aluminum lat bar for lat pulldown exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Integrated storage for lat bar during mid row exercises