

# DLAT-SF

## Pro•Dual Lat Machine & Mid Row



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Body-Solid's Pro•Dual Lat & Mid Row Machine is engineered with a high pulley directly overhead for optimum back and shoulder isolation. The extra long pull down bar permits wide, medium or narrow hand-grip position. The Lat & Mid Row Machine also features a no cable-change design to provide seamless transitions between long pull and seated row exercises.

### Special Features

- Commercial rated
- Continuous welded, factory assembled frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" foam

### Optional Configurations

- DLAT-F: Pro•Dual Lat Machine & Mid Row without Weight Stack
- WSP200: 200 Lb. Premium Weight Stack
- SP300: 300 Lb. Weight Stack

Weight: 529 lbs  
 Dimensions: 77"L x 47"W x 83"H

### Warranty



Frame & Welds ..... Lifetime  
 Bushings and Hardware..... 3 Years  
 Pad, Rollers and Grips ..... 1 Year



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