

PLM180X Lat Machine

Perform a wide variety of upper body exercises like lat pull downs, triceps press downs, seated rows, upright rows and more. Features dual position 8" foam rollers to hold you in position and patented nylon bushings for super smooth operation. Weight post is 1" diameter, optional Olympic Adapter Sleeve turns post into Olympic 2" post.

Weight post is 1" diameter. Weight plates, olympic adapter sleeve and collar optional.

Special Features

- Heavy gauge steel construction
- Electrostatically applied powder coat finish
- Plate load carriage, weight post is 1" diameter
- 250 lb. weight capacity
- Lat Bar and Low Row Bar included

Warranty

Frame & Welds	10 Years
Bushings and Hardware	1 Year
Pads. Grips. Cables and Pulleys	1 Year

Weight: 88 lbs

Dimensions: 48"L x 25"W x 80"H