



**Y210**  
**Lat Station**

Intensify your workouts by adding dozens of cable exercises with the Rugged Fitness Lat Attachment.

Features a plate-loaded carriage design with 2" diameter weight posts to accommodate all olympic weight plates and bumpers. Easy bolt-on design makes installing to the rear of your Power Rack simple and fast. Pulleys feature 2200 lb. tested nylon-coated aircraft-quality cables and the frame is designed with 11-gauge 2"x3" steel.

The Rugged Fitness Lat Attachment is for use only with the Rugged Fitness Power Rack.

Weight: 86 lbs.  
 Dimensions: 9.1"L x 52.6"W x 89.4"H

**Special Features**

- Easy bolt-on designs attaches to the rear of the Y100 Power Rack
- Includes lat bar and low row bar
- 2" weight posts accommodate all olympic weight plates and bumpers
- Snap links allow quick change and use with several cable attachments/handles

**Commercial Warranty**

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

**Home Warranty**

Frame & Welds ..... Lifetime  
 Bushings and Hardware..... Lifetime  
 Pad, Rollers and Grips ..... Lifetime