

## Perform Series, Lat Pulldown / Low Row

The Perform Series Lat Pulldown / Low Row accommodates two machines that target the entire back and posterior shoulder muscles, allowing for a huge range of exercises to be performed. With great features, like the super-smooth movement, an easy pop-pin adjustment and no-cable-change between high and low pulleys, this machine offers a convenient and trouble-free workout. The user can set up personal settings on their own, work out back, shoulder and arm effectively with the movement of pulldown and vertical row.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Knee Pads

### Technical Specifications

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable knee pads allow easy operation for comfort.
<b>Upholstery</b>	High-density poly-foam and double stitches offer comfort and durability
<b>Tubing</b>	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
<b>Instructions Plaque</b>	Instructions placards to review proper set-up, movement and muscles trained
<b>Shroud</b>	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
<b>Weight Stack</b>	91kg 200lbs
<b>Product Weight</b>	120kg 264.5lbs
<b>Maximum User Weight</b>	150kg 330lbs
<b>Dimensions</b>	L 190 x W 90 x H 223 cm L 74.8 x W 35.4 x H 87.7 inches

### Key Features

<b>Space efficient design requires minimal floor space</b>	•
<b>Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.</b>	•
<b>Water bottle holder fixed on the cage is within reach.</b>	•
<b>Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout</b>	•
<b>All dynamic components are shielded for safety purpose</b>	•
<b>Lathed pulley with bearings of less tolerance ensure smooth movement</b>	•
<b>Meets EN957 safety regulation</b>	•