

# LAT PULLDOWN

## RS-1201



### FEATURES

- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes/arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps, then rocks the seat forward to a more neutral position
- Patented counter-balanced exercise arm and adjustable thigh pad

### SPECS

- Product Dimensions L x W x H:  
65.50" (167 cm) x 59.00" (150 cm) x 86.00" (218 cm)
- Product Weight: 728 lbs (330 kg)
- Weight Stack: 345 lbs (157 kg)