

DLAT-SF

Pro•Dual Lat Mid Row

Optional Configurations:

SP300

300lb. Weight Stack (15lbs x 20pcs)



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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 handgrip position. The Lat & Mid Row Machine also features a no-cable-change design to provide seam-less transitions between long pull and seated row exercises.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Lat & Mid Row Machine builds form into function and value into a superior modular strength training system. The Lat & Mid Row Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 83"H x 68"L x 33"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight 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" high density foam