

DUALS



The Lat Pulldown and Seated Row machine combines the two most popular back exercises into one modern design. The traditional Lat Pulldown bar can be adjusted to the user's preferred height. While in the Seated Row position, foot bars aid with stabilization and storage hooks secure the pulldown bar when not in use. An integrated rep counter keeps users motivated and built-in storage on the top cap makes storing accessories away easy.

CSD-LPSR LAT PULLDOWN / SEATED ROW

- Premium beveled pads with sport stitching
- 5 lb (2 kg) increment weight
- 200 lb (91 kg) graduated weight stack
- Premium strength cables
- Integrated rep counter and time display
- Large storage tray at top of tower



LAT PULL	DOWN / SEATED ROW	SPECIFICATIONS	Item # 16812493320	
Performance	 200 lb (91 kg) Weight Stack 5 lb (2 kg) Increment Weight 10 lb (5 kg) Top Plate 10 x 10 lb (5 kg)Plates 6 x 15 lb (7kg)Plates Pulley Ratio 1:1 Premium Strength Cables Premium Beveled Edge Pads Sport Stitching 			
Convenience	 Rep/Time Counter (2 C Batteries required, not included) Start/Finish Workout Diagrams Includes Lat Bar, Row Bar, and Extension Chain Storage Trays (Top of Weight Tower) 			
Frame	 Heavy Gauge Steel Frame Low ProfileDesign High-Quality Electrostatic Powder Coat Finish Fully Enclosed Weight Stack Max User Weight Capacity: 360 lb (163 kg) 			
Dimensions and Weight	 Shipping Dimension Carton 1: 69"L x 24"\/ Carton 2: 74"L x 29"\/ Carton 3: 77"L x 39"\/ Carton 4: 41"L x 6"W 	71"L x 48"W x 89"H, 551 lb (180L ns & Shipping Weight: W x 5"H (175L x 61W x 13H cm) W x 10"H (188L x 74W x 25H cm) W x 8"H (196L x 99W x 20H cm) / x 13"H (104L x 15W x 33H cm) W x 11"H (53L x 51W x 28H cm)	N.W. / G.W. 20 lb (9 kg)/ 22 lb (10 kg)	
Commercial Warranty	 10 Years Frame 5 Years Bushings, Bearings, Shocks, Pulleys, Guide Rods 1 Year Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned 6 Months Upholstery 1 Year Labour 			



