



Shoulder Press / Lat Pull Down

SD-1-LS

- Dual operation – Lat Pull Down and Shoulder Press
- Dynamic variable resistance
- Range of Motion (R.O.M) adjustment for optimal starting position
- Adjustable thigh support pad

Muscles:

- Ant. Deltoid
- Mid Deltoid
- Trapezius (Upper)
- Triceps
- Latissimus Dorsi
- Elbow Flexors
- Rhomboids
- Trapezius (Lower)
- Trapezius (Middle)
- Post. Deltoid

Length(mm):	1333
Width(mm):	1187
Height (mm):	1867
Machine Weight (kg):	346

Weight Stack	
Standard (kg):	148

Shoulder Press

Lat Pull Down

