



Lat Machine

SI-1-LM

- Diverging compound arc for safe and natural movement
- Unilateral operation for balanced strength development
- Dynamic variable resistance to correctly maximize muscle recruitment
- Rotating ergonomic handles for unlimited grip position options during movement
- Gas assisted seat height adjustment

Muscles:

- Latissimus Dorsi
- Rhomboids
- Trapezius (Lower)
- Trapezius (Middle)
- Post. Deltoid
- Elbow Flexors

Length(mm):	1585
Width(mm):	1457
Height (mm):	2061
Machine Weight (kg):	366

Weight Stack

Standard (kg):	148
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