



Omni Lat Pull Down / Row

SI-1-OLPR

- Dual operation Unilateral Lat Pull Down & Unilateral Seated Row
- No cable changes necessary
- Adjustable height thigh pad on Lat Pull Down
- Dual pivoting pulley housings allows unilateral, user defined movement variations

**Muscles:**

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

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Length(mm):	2128
Width(mm):	1616
Height (mm):	2300
Machine Weight (kg):	394

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**Weight Stack**

Standard (kg):	148
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