

# LAT PULLDOWN / MID ROW

## HD-3200

MID ROW



LAT PULLDOWN



MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
49.0" x 66.0" x 86.0" (122 cm x 168 cm x 218 cm)
- ◆ **PRODUCT WEIGHT HD**  
624 lbs (283 kg)
- ◆ **PRODUCT WEIGHT HDG**  
649 lbs (294 kg)
- ◆ **WEIGHT STACK HD**  
225 lbs (102 kg)
- ◆ **WEIGHT STACK HDG**  
250 lbs (113 kg)

## FEATURES

- ◆ Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- ◆ Dual-position hand grips for mid row exercises
- ◆ Includes ultra-lite aluminum lat bar for lat pulldown exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Integrated storage for lat bar during mid row exercises