



## Body Solid Lat/Row Attachment to Power Rack SPR500 (SPRHLA)



The SPRHLA Lat/Row Pull Station adds variety and workout versatility to Body Solid's SPR500 and SPR500BACK Commercial Half Racks. This lat/row attachment is available in two options: plate-loaded or users can upgrade it with a 95kg weight stack. The SPRHLA uses large diameter rollers with sealed bearings along with 1000kg-test nylon coated aircraft grade cables for smooth and durable rolling exercises.

**CHF 599.00**

With this lat/row pull attachment, users can perform multiple high and low pull exercises on their half rack, including lat pulls, rows, biceps curls, shrugs and more.

The SPRHLA lat/row pull station features a no cable change design that allows for quick and easy replacement of cable attachments and bars. Each SPRHLA includes a lat bar and a low rowing bar.

The Body Solid SPRHLA lat/row bar attachment is compatible with all existing and new SPR500/SPR500Back Commercial Half Rack.

The SPRHLA lat/row bar station can be ordered for disc operation (25mm support - expandable with adapter for 51mm discs) or with a 90kg weight magazine (4 x 22.5kg additional weights).

Use: home use to commercial use, payload: approx. 150kg

Machine dimensions: L185.5 x W134.6 x H226cm, weight 41kg (without weights)

Accessories: lat bar, short straight rowing bar

Option: discs, 90kg weight magazine

Warranty: 2 years on labor and spare parts (excluding consumables)