

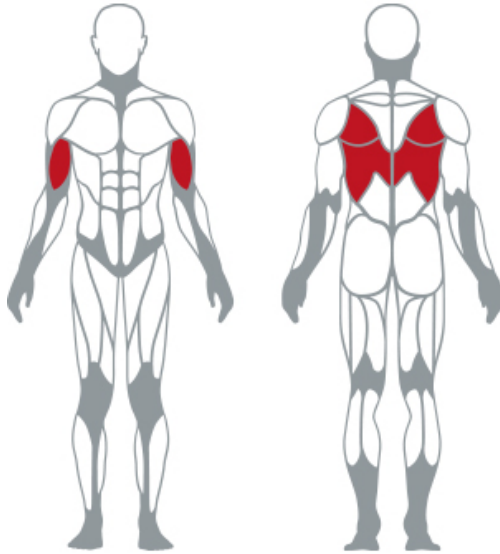
## LAT PULLDOWN CONVERGENT / 1FE007



The Lat Pulldown Convergent has a movement trajectory that make it ideal for complete and specific training of the lateral back such as the Latissimus Dorsi and teres major. It shows the following features:

- HEIGHT ADJUSTABLE SEAT AND KNEE-STOP ROLLERS;
- INDEPENDENT LEVERS FOR MONO-LATERAL OR BILATERAL EXERCISES;
- PHYSIOLOGICAL LOAD CURVE;
- MULTIPLE HANDGRIPS FOR PRONE, SEMI-PRONE AND SEMI-SUPINE GRIPS;
- CENTRAL FIXED HANDGRIP TO STABILIZE THE BODY DURING THE MONO-LATERAL EXERCISE.

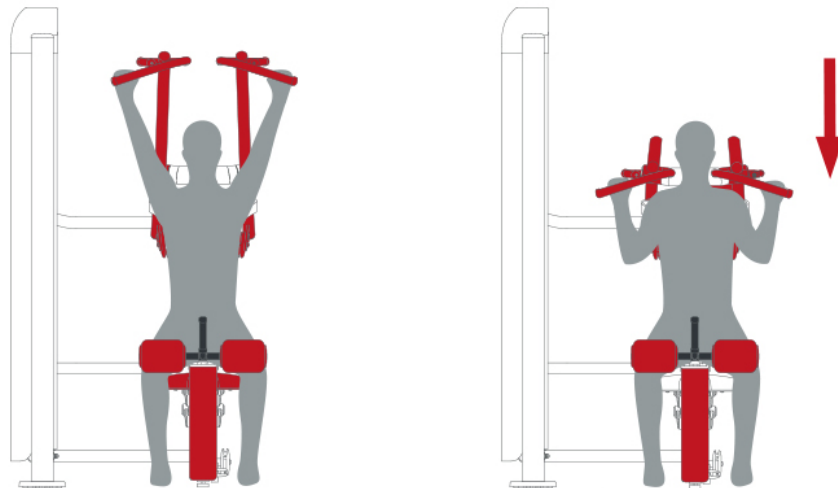
## MUSCLES



## TECHNICAL SPECIFICATIONS

Width	125 cm
Length	170 cm
Height	210 cm
Weight	260 Kg
Standard Load	100 Kg
Optional Load	120 Kg

## TRAINING



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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.