



LAT PULL-DOWN

SINGLE 78000044

2-PERSON 78000008

INSTRUCTIONS:

Sit on seat. Grip handles with hands and pull towards your shoulders. Hold and slowly return to start position.

FUNCTION:

Strengthens upper back, shoulders, biceps and core.

EXERCISE INTENSITY:

Use this equipment only within your own physical capabilities.

NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.

