



Lat Machine

SAB-1-LM

- Unilateral operation for balanced strength development
- Dynamic variable resistance
- Counterbalanced arms for optimal starting resistance

**Muscles:**

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

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Length(mm):	1487
Width(mm):	1233
Height (mm):	2010
Machine Weight (kg):	333

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**Weight Stack**

Standard (kg):	110
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