



Lat Machine

SA-1-LM

- Dynamic variable resistance
- Counterbalanced arms for optimal starting resistance

Muscles:

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

Length(mm):	1290
Width(mm):	1290
Height (mm):	1973
Machine Weight (kg):	311

Weight Stack	
Standard (kg):	110

