



Omni Lat Pull Down / Cable Row

SD-1-OLR

- Dual operation – Lat Pull Down and Cable Row
- Unilateral operation for balanced strength development

**Muscles:**

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

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Length(mm):	2014
Width(mm):	1350
Height (mm):	2206
Machine Weight (kg):	402

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<b>Weight Stack</b>	
Standard (kg):	195

