

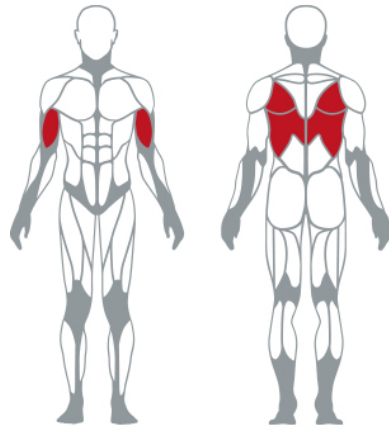
# LAT PULLDOWN CONVERGENT / 1MTH007



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

- seat and knee-stop rollers with height adjustment;
- independent levers for mono-lateral or bilateral performance;
- physiological load curve;
- multiple handgrips for prone, semi-prone and semi-supine grips;
- central fixed handle to stabilize the body during the mono-lateral performance.

## MUSCLES



## TECHNICAL SPECIFICATIONS

Width	125 cm
Length	185 cm
Height	200 cm
Weight	285 Kg
Standard Load	100 Kg
Optional Load	120 Kg

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