

48" Lat Pulldown Bar Cable Attachment

RRP: \$114.95

Lat Pull Bar - 48 inch

Our 48" Lat Pulldown Bar is ideal for everyday gym use due to its solid construction and effective design. Its clever design makes it compatible with all cable exercise equipment. This Lat Pulldown Bar features heavy duty construction and is built to stand up to the punishment of the most rigorous fitness routines. Its regular use will help you expand your range of exercises to meet and exceed your fitness goals. The Lat Pulldown Bar is unmatched in its field and is the ultimate in reliability and durability. It will help you enjoy solid and intense workouts far into the distant future.

While maximizing the effectiveness of your training, an intense isolated workout focused on a variety of muscle groups is one of the benefits of the Lat Pulldown Bar. Enjoy the best and most effective cable exercises you have ever experienced with the addition of this important piece of equipment to your workout routine. This cable attachment is versatile and can be used at the gym or at home. It will expand your range of exercise and help build that rock solid body you want!

Product Specifications:

- Built to last - high quality heavy-gauge steel design supports even the most rugged workout
- Solid contoured handles with knurled grips
- Angled grips
- Solid steel construction
- A popular cable attachment in private gyms

Exercises:

- Wide Grip Pushdowns
- Triceps Pushdowns
- Incline Triceps Extension
- Overhead Cable Curls
- Straight Arm Pulldowns
- Wide Grip Lat Pulldowns
- Close Grip Lat Pulldowns
- Hammer Curls
- Reverse Hammer Curls
- Close Grip Low Rows
- Standing Cable Curls
- Bent Over Rows
- Low Rows

