



# RACK MOUNT LAT LOW ROW



A familiar machine in almost any weight room, the Lat/Low Row combo can be used for many accessory movements to develop muscle groups like biceps, triceps, and posterior shoulder. Adjustable knee pads keep the individual down during back work. The knurled row handle gives a comfortable, no-slip grip. Offers More Strength per Square Foot® by attaching to a Titan or Ultra Pro™ rack.

### Features:

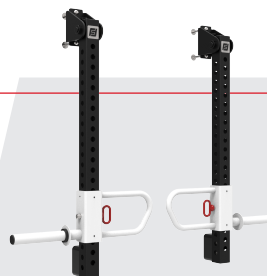
- 300 LB Weight Stack
- 4.5" Pulleys with Bearings
- 3/16" Coated Cable
- Adjustable Hold Down Pad
- Safety Shields on Weight Stack
- Available in 9' Version
- Multiple Training Options
- Includes Lat and Row Handles
- Custom Color Pad Options
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**A full line  
of add-on  
equipment:**

**MORE STRENGTH  
PER SQUARE FOOT™**

Increase the functionality of your rack with these and more Ultra Pro™ accessories & attachments.



Athletic Training Arms



Dip Station



Split Squat Roller

Landmine

710009

Attachment Line

# CABLE STACK LAT/LOW ROW COMBO

## Specifications:

**FRAME:** 2" X 3" 11-Gauge Structural Steel Tubing

**WEIGHT:** 667 LBS

**COMPONENTS:** 300 LB Weight Stacks

**DIMENSIONS:** 49" W x 93" H x 62" L

