

The Body-Solid Lat Pulldown with Mid Row Machine lets you get a grip on a strong upper body.

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

- No-cable-change design allows user to switch between exercises quickly without adding, connecting or changing cables.
- Oversized 9" diameter thigh pads easily adjust to provide stability during heavy workouts.
- Non-skid foot brace and an extra-long seat pad provide stability and support for mid row exercises.
- Accessory hooks store cable attachments when not in use.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Works as a modular component on the Pro •Dual 3-Stack and 4-Stack Gyms.