

GLM83

Plate Loaded Lat Machine

Includes Lat Bar and Straight Bar.

Weight plates and Olympic adapter sleeves sold separately.



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Plate Loaded Lat Machine

Finish your lat workout, let go of the 48" lat bar and grab the 20" seated row bar on the low pulley and continue working out. Features included patented nylon bushings to provide super-smooth movements. Pop pin adjustments, foam rollers and bar holders for high and low pulleys add order and convenience to your workout. A seated row foot brace and diamond plate stabilizers add extra balance and security to the best lat machine on the market today.

Dimensions: 82"H x 60"L x 32"W

Special Features

- Lifetime warranty
- "No-Cable-Change Technology" makes transitions between high and low pulley exercises effortless
- Thick, comfortable DuraFirm™ seat pad
- Patented nylon bushings provide smooth weight carriage travel
- Comfortable, multi-position 8" foam rollers lock you in position for high pulley lat work
- Seated Row Foot Brace for low pulley lat work