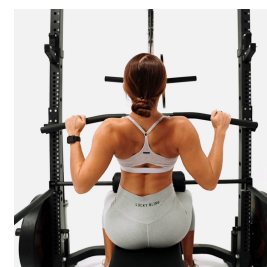




MyRack Lat Pulldown Attachment

SKU: F-MR-LAT

Product Images



Short Description

The **Force USA MyRack Lat Pull Down Attachment** is a fantastic addition to your **MyRack**, taking up little space at the rear of the unit and delivering a ton of exercises! Compact and high-performing, the **Lat Pull Down** and **Low Row Attachment** will give powerful and intense workouts such as lat pull downs, tricep pushdowns, low rows and overhead cable curls.

Description

Why should you buy the MyRack Lat Pulldown Attachment from Force USA®?

BANG FOR YOUR BUCK

With included adapters, you can work out with Standard Weight Plates (32mm) or Olympic Weight Plates (50mm). The two plate holders feature a unique welded support bracket and safety stopper to provide an added degree of safety and structural integrity during your training. With four pulley handle/bar attachments included, this affordable attachment gives you great bang for your buck!

LAT PULL DOWN/LOW ROW EXERCISES

Complete a multitude of exercises, including:

- Lat pull downs
- Low rows
- Straight arm pull downs
- Triceps pushdowns
- Overhead triceps extension
- Biceps curls
- Upright rows
- Bent over rows
- Unilateral side delt raises
- Unilateral rear delt raises
- Cable pull-throughs
- Glute kickbacks
- Kneeling crunches

Attachment is compatible with the **Force USA® MyRack** and **Force USA® MyRack SpaceSaver Version 2 (F-MR-BASE-SPACESAVER-V2)** if you are unsure, please contact us.

SPECIFICATIONS

- 1 x Lat Pull down / Straight Bar attachment
- 1 x Lat Bar
- 1 x Straight Bar
- 2 x Standard and Olympic weight plate adapters (32 mm and 50 mm plate)
- 2:1 Ratio
- **Tubing (Upright) Size:** 60 mm x 60 mm
- **Static Weight Rating:** 450 kg
- **Weight Plate Holders Length:** 29.2 cm
- **Dimensions:** Adds 60 cm to the depth of the [MyRack Base Unit](#) (Accommodating space for weight plates)

About Force USA®:

One of the **leading brands** in the distribution and sale of **cardio** and **weight training gym equipment**.

Additional Information

Use	Light Commercial
Colour	Black
Manufacturer	Force USA
Large cms.	0