Lat Pulldown - Low Row

ES-55A06YR



The Lat Pulldown / Low Row embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit allows users to perform both lat pulldown and low row exercises, effectively targeting the upper and mid-back with controlled, natural movement patterns. Designed for full-commercial environments, this machine promotes proper biomechanics while delivering consistent resistance and long-term reliability. Itsversatile design makes it an essential piece for strength training, functional fitness, and overall back development.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing Functional area: 4.72" × 1.97" × 0.12" flat oval tubing Movement arms: 3.15" × 1.57" × 0.12" steel tubing Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing All structural components utilize high-quality Q235 steel.

- Smooth & Durable Performance: Cable-driven system provides fluid, consistent resistance for both pulldown and rowing movements High-strength 7×19 strand cable system rated for up to 3,080 lbs. ensures long-term durability and reliability.

- User-Focused Design: Dual-function configuration allows seamless transition between exercises Adjustable leg hold-down pad accommodates users of varying sizes and helps maintain proper positioning during pulldown movements.

- Full Shroud Design: Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance.

- Comfort-Driven Components: High-resilience MC foam padding delivers long-lasting comfort and support Upholstered with premium-grade PU leather for durability and easy maintenance.

- Net Weight: 489lb
- Gross Weight: 514lb
- Weight Stack: 220lb

DIMENSION IN INCHES

Height	Width	Length
87.7	47.8	70.4