



## Lat Machine

S2-2-LM

- Diverging compound arc for safe and natural movement
- Unilateral operation for balanced strength development
- Dynamic variable resistance

### Muscles:

- Latissimus Dorsi
- Elbow Flexors
- Rhomboids
- Traps (Mid/Low)
- Post. Deltoid

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|                      |             |
|----------------------|-------------|
| Length(mm):          | <b>2140</b> |
| Width(mm):           | <b>1470</b> |
| Height (mm):         | <b>1890</b> |
| Machine Weight (kg): | <b>107</b>  |

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|---------------------|------------|
| <b>Weight Stack</b> |            |
| Standard (kg):      | <b>2.5</b> |

