

PRODUCT NAME
Lat Pulldown

PRODUCT CODE
OG.6



Improve your posture and strengthen your back muscles

The Lat Pulldown machine helps to strengthen your back muscles – primarily your lats, but also your upper arms and middle back – while improving posture and core strength. If you have bad posture or suffer from chronic shoulder or back pain, improving the strength of your lats can help significantly.

Muscle groups: mid-back muscles and biceps

SEGMENTS

Basic information

Brand Omnigym
Usage exercise, stretching, strengthening

Technical Specification

Dimensions 2.5m x 2.5m x 0m
Critical fall height (HIC in m) 0.00m
Color scale RAL Palette
Stand count
Surface
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
Dips	51mm	4,5mm
Bars	33,7mm	3,5 - 4,5mm
Pillar (square plan)	100mm	4,0mm

Recommended flooring

Optimal dimensions ---
Floor surface Concrete slab + EPDM or concrete feet + loose material
Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

Delivery and installation

Lead time 5 - 8 weeks
Standards EN16:630