

DF303

LAT PULLDOWN/MID ROW

The SportsArt Dual Function Strength Series is uniquely engineered to offer training on multiple muscle groups per station without compromising range of motion or user experience, making them ideal for smaller spaces.

KEY FEATURES

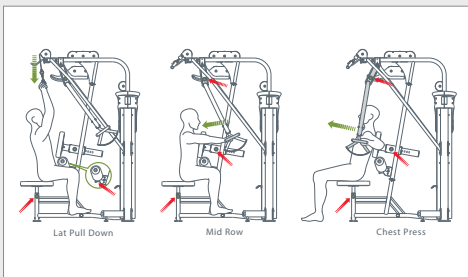
- Multi-position handlebars work different areas of the back
- Adjustable seat and chest pad to accommodate different heights
- Plate increments: 8 x 11 lbs (5 kg); 8 x 16.5 lbs (7.5 kg)
- Foot rests for stabilization



TECHNICAL DETAILS

Unit Weight	489.5 lbs / 222.5 kg
Dimensions (LxWxH)	60.4 x 44.6 x 89.1 in / 153.3 x 113.4 x 226.3 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Lat Pull Down: 15.4 lbs / 7 kg Mid Row: 10 lbs / 4.5 kg Chest Press: 22 lbs / 10 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty marine grade cushions Multiple adjustment points for maximum customization

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Innovative pulling arm has an additional setting to allow for chest press, increasing the number of available exercises



Stacks feature sound dampeners and magnetized selector fork for maximum stability