



Keeping South Florida Healthy  
& Fit for over 25 Years!

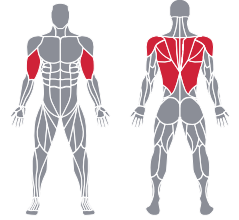
**SPIRIT** | 40 YEARS

LAT PULLDOWN / SEATED ROW

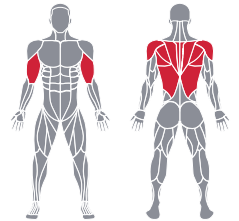
**DUALS**



LAT PULLDOWN



SEATED ROW



The Lat Pulldown and Seated Row machine combines the two most popular back exercises into one modern design. The traditional Lat Pulldown bar can be adjusted to the user's preferred height. While in the Seated Row position, foot bars aid with stabilization and storage hooks secure the pulldown bar when not in use. An integrated rep counter keeps users motivated and built-in storage on the top cap makes storing accessories away easy.

## **LAT PULLDOWN / SEATED ROW** CSD-LPSR

- Premium beveled pads with sport stitching
- 5lb increment weight for more variety
- Premium LOOS brand USA cables
- Low profile, modern design
- Large storage tray at top of tower
- 200lb graduated weight stack



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## SPECIFICATIONS

<b>Performance</b>	<ul style="list-style-type: none"> <li>• 200lb Weight Stack             <ul style="list-style-type: none"> <li>• 5 lb Increment Weight</li> <li>• 10 lb Top Plate</li> <li>• 10 x 10 lb Plates</li> <li>• 6 x 15 lb Plates</li> </ul> </li> <li>• Pulley Ratio 1:1</li> <li>• LOOS USA Cables</li> <li>• Premium Beveled Edge Pads</li> <li>• Sport Stitching</li> </ul>
<b>Convenience</b>	<ul style="list-style-type: none"> <li>• Rep/Time Counter</li> <li>• Start/Finish Workout Diagrams</li> <li>• Includes Lat Bar, Row Bar, and Extension Chain</li> <li>• Storage Trays (Top of Weight Tower)</li> </ul>
<b>Frame</b>	<ul style="list-style-type: none"> <li>• Heavy Gauge Steel Frame</li> <li>• Low Profile Design</li> <li>• High-Quality Electrostatic Powder Coat Finish</li> <li>• Fully Enclosed Weight Stack</li> <li>• Max User Weight Capacity: 360 lbs</li> </ul>
<b>Dimensions and Weight</b>	<ul style="list-style-type: none"> <li>• Setup Dimensions: 71" x 47.8" x 89.4"</li> <li>• <b>Shipping Dimensions &amp; Shipping Weight:</b> <ul style="list-style-type: none"> <li>• Carton A: 69" x 24" x 5" - 22 lb</li> <li>• Carton B: 74" x 29" x 10" - 122.3 lb</li> <li>• Carton C: 77" x 39" x 8" - 220.5 lb</li> <li>• Carton D: 41" x 6" x 13" - 15.4 lb</li> <li>• Carton E: 21" x 20" x 11" - 214.7 lb</li> </ul> </li> </ul>
<b>US Light Commercial Warranty</b>	<ul style="list-style-type: none"> <li>• 10 Years Frame</li> <li>• 5 Years Bushings, Bearings, Shocks, Pulleys, Guide Rods</li> <li>• 1 Year Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned</li> <li>• 6 Months Upholstery</li> <li>• 1 Year Labor</li> </ul> <p>*Prisons and correctional facilities are excluded from warranty coverage.</p>

