LAT PULLDOWN / MID ROW

HD-3200

MID ROW



LAT PULLDOWN





MULTIPLE ADJUSTMENT POINTS



AIRCRAFT GRADE ALUMINUM BAR



SPECS

PRODUCT DIMENSIONS (L X W X H)
65.25” x 48.25” x 86.25”(166 cm x 123 cm x 219 cm)

PRODUCT WEIGHT HD
624 lbs. (283 kg)
637 lbs. (289 kg) with RS-CAGE-NG-63-OPT1

PRODUCT WEIGHT HDG
649 lbs. (294 kg)
662 lbs. (300 kg) with RS-CAGE-NG-63-OPT1

WEIGHT STACK HD
225 lbs. (102 kg)
230 lbs. (104 kg) with RS-CAGE-NG-63-OPT1

WEIGHT STACK HDG
250 lbs. (113 kg)
255 lbs. (116 kg) with RS-CAGE-NG-63-OPT1

FEATURES

- Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- Dual-position hand grips for mid row exercises
- Includes ultra-lite aluminum lat bar for lat pulldown exercises
- Seven seat pad adjustments for varying user heights
- Integrated storage for lat bar during mid row exercises
- Optional 5 lbs Weight Upgrade (RS-CAGE-NG-63-OPT1)

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KEY CHANGES
ACROSS THE HD-LINE

CHANGES



GRIPS

- Change rubber grips to Ergo-grips



BOLT CAPS

- Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- New molded footplates



SCUFF GUARDS

- Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- Redesigned weight cage

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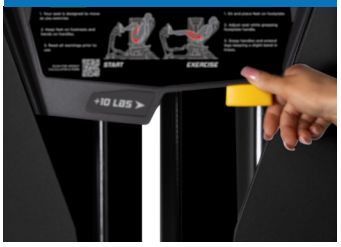
ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1
5 lbs

RS-CAGE-NG-OPT2
10 lbs

RS-CAGE-NG-OPT3
5 lbs

RS-CAGE-NG-63-OPT1
5 lbs

RS-CAGE-NG-63-OPT2
10 lbs

RS-CAGE-NG-63-OPT3
10 lbs

FEATURES

- **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

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ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- RS-2101
- RS-2102
- RS-1103
- RS-2201
- RS-2203
- RS-2204
- RS-2301
- RS-2302
- RS-2401
- RS-2402
- RS-2406
- RS-2407
- RS-2408
- RS-2412
- RS-2415
- RS-1501
- RS-1502
- RS-2601
- RS-2602

HD-DUAL

- HD/G-3100
- HD/G-3600
- HD/G-3800
- HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- HD/G-3300
- HD/G-3400

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ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- HD-3403

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