

# DF203

## 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

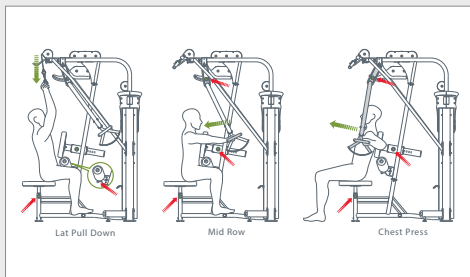
- Multi-position handlebars work different areas of the back
- Adjustable seat and chest pad to accommodate different heights
- Plate increments: 8 x 11 lbs (5 kg); 8 x 16.5 lbs (7.5 kg)
- Foot rests for stabilization



### TECHNICAL DETAILS

<b>Unit Weight</b>	486 lbs / 221 kg
<b>Dimensions (LxWxH)</b>	61.7 x 44.6 x 89 in / 1568 x 1134 x 2263 mm
<b>Weight Stack</b>	220 lbs / 100 kg
<b>Max User Weight</b>	500 lbs / 227 kg
<b>Starting Weight</b>	Lat Pull Down: 15.4 lbs / 7 kg Mid Row: 10 lbs / 4.5 kg Chest Press: 22 lbs / 10 kg
<b>Features</b>	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