

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 with RS-CAGE-NG-63-OPT1 (289 kg)

PRODUCT WEIGHT HDG

649 lbs (294 kg)

662 lbs with RS-CAGE-NG-63-OPT1 (300 kg)

WEIGHT STACK HD

225 lbs (102 kg)

230 lbs with RS-CAGE-NG-63-OPT1 (104 kg)

WEIGHT STACK HDG

250 lbs (113 kg)

255 lbs with RS-CAGE-NG-63-OPT1 (116 kg)

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)

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.

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

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