

Features

The Body-Solid Pro•Dual Vertical Press and Lat Station performs lat pulldown and mid row exercises in addition to chest/incline/shoulder press exercises with back pad adjustability.

- Adjustable press arm for full range of motion
- Ergo grip press handles for correct positioning.
- Heavy gauge 2"x4" mainframe construction and aircraft quality cables and pulleys.
- Biomechanically designed for maximum range of motion and outstanding muscle development.
- Works as a modular component on the Pro•Dual 3-Stack and 4- Stack Gyms.

Benefits

The advantages of using the Body Solid Pro•Dual Vertical Press & Lat Station

Chest exercises are a great way to both tone up your upper body and to increase your strength. An effective upper body workout is not about how much weight you can lift or how many exercises you can cram into a routine. It's about using good techniques and maintaining proper mechanics.

The Body-Solid Pro•Dual Vertical Press and Lat Station gives you a single-station solution for toning your arms, tightening your shoulders and sculpting a strong, muscular back. Its no-cable-change design allows you to go immediately and directly to a Long Pull/Seated Row exercise movement to further increase size, strength and endurance of your back muscles.

The Vertical Press and Lat Station has biomechanically designed for maximum chest concentration and outstanding muscle development, offering unique styling, space efficient design, exceptional performance and versatility. This station is designed for exercises including:

- Lat Pulldown
- Mid-Row
- Chest/Incline/Shoulder Press

We are dedicated to manufacturing commercial-rated equipment that stands up to the demands of your facility, the expectations of your people and the rigors of daily use.

We are focused on designing equipment that adapts to fit the size and space requirements of a broad range of commercial facilities.

We are committed to providing our customers with the best lifetime warranty in the industry.