



LAT PULLDOWN KIT

SKU: A-LATKIT





PRODUCT DESCRIPTION

Lat pulldown kit for Bodyx Folding Cube Smith Machine Functional Trainer Combo

This kit allows for doing lat pulldown in the middle of the machine, with leg support from the smith bar, and combining both weight stacks for maximum load.

How to use:

1. Attach pulley system to the top of the machine using a carabiner
2. Attach the other end of the cable to the middle cables of the machine. Use chains (accessory from machine) and carabiners to adjust the length.
3. Attach the lat pulldown bar (accessory from machine) to the top cable end.
4. Adjust the height of the smith bar accordingly and attach the [Form Barbell Pad](#) (sold separately) to the bar for cushion.
5. Enjoy your workout!

What's included:

- Pulley system with aluminum pulley
 - 1.4m length cable
- 5 x stainless steel carabiner

ADDITIONAL INFORMATION
