

# PULLDOWN - ROW

The Vitality Series Pulldown/Seated Row is a dual-function machine with lat pull-down and mid-row exercise positions. Features an easy-to-adjust thigh hold-down pad, extended seat and foot bar to facilitate both exercises. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.



## ADJUSTABLE THIGH PAD

The thigh hold-down pad features an easy-to-adjust mechanism to accommodate all users.

## TWO EXERCISES. ONE MACHINE

This unit accommodates both the lat pull-down and mid-row exercise movements.



## PROTECTIVE BAR STORAGE

The row bar rests on a storage plate with a protective coating so that the bar is out of the way when the pull-down is being used. The protective coating protects the storage plate from scratches and dents.

## USER GUIDE

- The Lat Pull / Row works your back, lats and biceps.
- **Lat Pull** – Sit close, Adjust the leg pad so that it rests on your thighs.
- Select the weight (in kg/lbs).
- Keep the back straight, pull the bar down Infront of your face, almost brushing your nose.
- **Row** - Adjust the leg pad so that it loosely rests above your knees.
- Sit on the seat, feet on the pedals, push back so you have a small bend in the knee only.
- Select the weight (in kg/lbs).
- keep the back straight as you pull the bar into your chest.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- **remember to keep breathing!**

HEALTH  
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.  
ALWAYS put back any equipment you have used & wipe down.

**PRECOR**