

LAT MACHINE



DESCRIPTION

This machine features postural rotation, abdominal stabilization and a divergent pulling action, designed to target the muscles of the back.

It uses progressive Auxotonic resistance.

The "Safety Back" system reduces strain on the spine during use.

The handle positioning allows for a focused workout that targets both the depth and thickness of the back muscles, as well as the stabilizers of the scapulohumeral girdle.

BENEFITS

The machine generates resistance without the need for added weights.

This motion also supports the spine and stabilizes the abdominal muscles during the exercise.

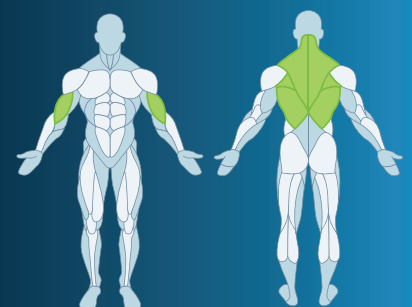
The resistance can be adjusted separately on the right and left sides to suit the user's specific needs.

The Auxotonic resistance system (progressive load) ensures a smooth, effective workout throughout the entire range of motion, maintaining intensity even at the most advantageous angles.

The divergent lever movement enhances back muscle development, while the machine's forward rotation helps with the pulling action.

Muscles trained

Lats - Biceps
Rhomboids - Trapezius



TECHNICAL SPECIFICATIONS

Product Code	LMC - 00234
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	Yes
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	129 cm
Width	91 cm
Height	202 cm
Equipment Weight	235 kg

