



# ADJUSTABLE PULLEY

0013

Muscles worked: Pecs, Delts, Trapezius, Biceps, Triceps, Abs, Lats

Dimensions:

- Width: 1160mm
- Length: 700mm
- Height: 2300mm

Total Machine Weight:

- 180kg

Standard Weight Stack: 100kg  
Upgradable Weight Stack: 133kg / 166kg  
Max Weight Resistance: 166kg

Max user weight:

- None

Key selling points:

- The 2:1 Ratio makes it ideal for assistance exercises: Arm/Shoulder/Rotator Cuff Work etc.
- Custom height available upon request to fit in any space.
- 100KG Weight Stack (can be upgraded to 133kg).
- Super smooth feel.
- Perfect Machine for Complete Body Training and Conditioning.

Recommended Accessories:

- Thick Grip Rolling Handle(s)
- Thick / Standard Grip EZ Curl Bar
- Thick / Standard Grip Straight Bar (Revolving Connector)
- Thick / Standard Grip Tricep
- Leg Brace Attachment