

# 4350 PULLOVER

Unlike free weights, the new PK Pullover machine offers a fully challenged range of motion, working the latissimus dorsi muscle entirely from its stretched to its shortened position with the optimal load intensity.



Gas assisted seat height adjustment for easy user accommodation.

Easy entry lever becomes particularly important in a Pull-Over machine to get a full stretched training position while allowing the user to reach the moving arms at the starting position and release them safely as the exercise is finished.

The upper arm pads come with side supports, which on the one hand prevents the user from opening the arms while training (this would decrease how much the working muscles are being stretched) and on the other hand, it provides more stability while training.

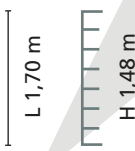
Two integrated weight storage horns placed next to the loading disc horn for convenient loading/unloading manoeuvre.

Integrated seat belt allows the user to workout securely in place, providing a more stable and effective training condition.

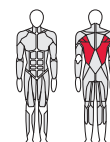


The CAM and linkage system mechanism of the Pure Kraft Pull-Over offers a decreasing resistance profile. It means that the load gets lighter at the end of the contracted position when we are weaker, matching our strength profile capabilities. This allows an optimal load intensity throughout the entire range of motion in order to generating the most effective training stimulus.

Two band pegs to add resistance bands if user desires to overload the fully contracted position.



max. load capacity  
**150 kg**



Scan for video

W 1,68 m