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Back Triceps Training Gym Fitness Accessories Lat Pull Rod Fitness Equipment Accessories

Basic Information

. Place of Origin: Qingdao, China

. Brand Name: HBS

Model Number:

Back Triceps Training Gym Fitness Accessories Lat Pull Rod Fitness Equipment

Minimum Order Quantity:

· Price: Please contact sales personnel

Packaging Details: Carton packaging

. Delivery Time: Please contact sales personnel

• Payment Terms:

Supply Ability: Please contact sales personnel



Product Specification

• Product Name: Back Exercise Of Handle Rod

• Weight: 26kg/set Materials: Steel And Rubber



More Images







Product Description

Back Triceps Training Gym Fitness Accessories Lat Pull Rod Fitness Equipment Accessories

Wide distance pull back handle:

Strengthen the width of the back rim
The wide distance pull back handle is used to perform a high position pull up training movement, mainly aimed at strengthening the width of the back contour. It stimulates the outer side of the latissimus dorsi, trapezius and teres major muscles well, and deeply stimulates the back muscle group.

Mid distance pull back handle:

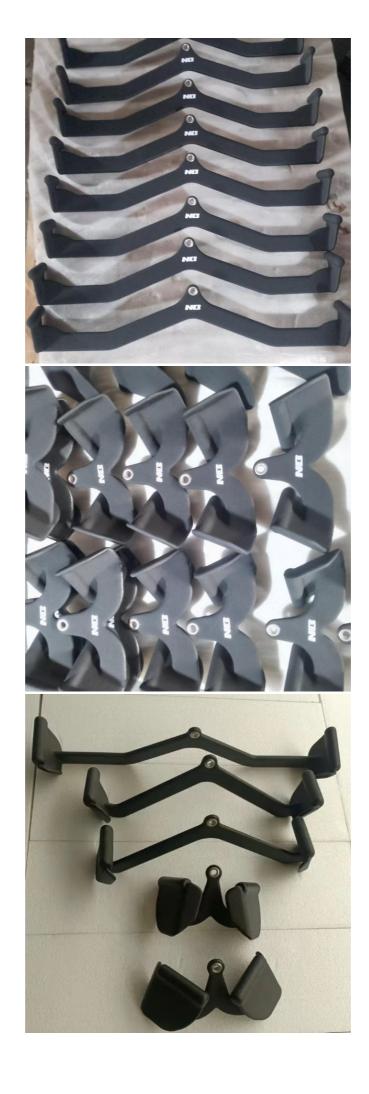
Strengthen the width and thickness of the back

Mid distance pulling of the back handle to perform a high position downward movement, with training objectives mainly focused on the middle inner side of the latissimus dorsi muscle and the trapezius muscle, and can also enhance the width of the back contour. Mid distance pulling of the handle to perform a sitting posture downward rowing movement, with training objectives mainly focused on the inner side of the latissimus dorsi muscle, the lower trapezius muscle in the angular muscle, and the posterior bundle of the deltoid muscle, and can also enhance the thickness of the back contour.

Narrow distance pull back handle Strengthen the contour and thickness of the back

Mid distance pulling of the back handle to perform a high position downward movement, with training objectives mainly focused on the middle inner side of the latissimus dorsi muscle and the trapezius muscle, and can also enhance the width of the back contour. Mid distance pulling of the handle to perform a sitting posture downward rowing movement, with training objectives mainly focused on the inner side of the latissimus dorsi muscle, the lower trapezius muscle in the angular muscle, and the posterior bundle of the deltoid muscle, and can also enhance the thickness of the back contour.







Qingdao Hongbinsheng Health Sci.&Tech. Ltd.

C +86 136 8768 1075 Sales@hongbinsheng.com E exercisegymequipments.com

357 Jincheng Road, Chengyang District, Qingdao, China