



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

Our Product Introduction

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Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Back Triceps Training Gym Fitness Accessories Lat Pull Rod Fitness Equipment Accessories
- Minimum Order Quantity: 10 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel



Product Specification

- Product Name: Back Exercise Of Handle Rod
- Color: Custom Color
- 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.




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