

Pulley System Cable Attachment Pull Down Machine DIY Home Gym Workout Kit

RRP: \$109.95

If you love to work out, this home gym and weight training set by Randy & Travis Machinery is a must-have. Use the power of gravity to work against your body to build strength in your shoulders, back, biceps, and triceps. Simply change the connection between the buckle and cable, and you can switch between pulling and pushing – giving you an even more balanced workout. There's no limit to all the exercises you can invent to give yourself a complete workout. Let your imagination be your guide as you create a custom routine for your needs.

Thanks to the cable gravity ball, the cable maintains stability throughout your workout, with no shaking. The strong alloy buckle won't break or come loose, no matter how hard you work out. And, you can take it along with you when you travel so that you can keep up your workout schedule even on holiday or business trips. It takes up little space, so it's perfect even if you live in a flat or smaller house. And with the holidays coming up, this set makes the ideal gift for the fitness lover in your life. Get your fitness regimen started before the New Year begins. Order your weight training set today!

Features and specifications:

- Material: Heavy-duty steel and high-strength plastic cable sheathing
- Colour: Black and silver
- Maximum load: 136kg
- Silent operation
- Portable and easy to carry
- Lift pulley system for a small footprint
- Saves space
- 2 exercise modes: pulling and pushing
- Removable handle allows you to change accessories quickly
- Strong and durable
- Compatible with weight plates with centre holes <7.366cm
- Perfect for cross-training or fitness
- Trains your back, shoulders, back, triceps, and biceps
- Accommodates a broad range of exercises

