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Front Pulldown



SKU: HOLYLAND-8004

Front Pulldown HOLYLAND-8004 is the best Plate-Loaded Front Pulldown Machine. All our designs are according to the human exercise physiology principle designed for complete accord with human body muscle.

As we all know, quality is the best point for a gym. We use our honesty to get a high reputation and long terms customers.

Front pulldown Machine Strength Fitness Machine/top ranking workout equipment. The HOLYLAND Series Front Pulldown has a seat and chest pad that are slightly angled for enhanced stabilization.

It also features an underhand grip position combined with an overhead pivot for a natural arc of motion and iso-lateral movements that allow equal strength development.

HOLYLAND Series Plate-Loaded enhances any facility and utilizes independent converging and diverging movements for an instinctively natural experience.

Plate Loaded Row



SKU: HOLYLAND-8010

Seated Row HOLYLAND-8010 is the best Plate-Loaded Row Machine.

All our designs are according to the human exercise physiology principle designed for complete accord with human body muscle.

As we all know, quality is the best point for body workouts. We use our honesty to get a high reputation and long terms customers.

Advanced Seated Row Strength Fitness Machine/top ranking workout equipment.

The HOLYLAND Series Row has an upright design that puts the seat lower to the ground, allowing for easy navigation. It also features multiple grips that offer exercise variety and iso-lateral movements for equal strength development.

HOLYLAND Series Plate-Loaded enhances any facility and utilizes independent converging and diverging movements for an instinctively natural experience.

Plate Loaded Lat Pulldown



SKU: HOLYLAND-8103

Product Features

- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slightly forward lean, increasing the muscle stretch to the lats and traps
- Pull movement lifts the seat while rocking the body rearward mimicking a natural pull up movement and avoiding unsafe lower back hyperextension
- Synchronized diverging exercise motion follows the natural rotation pattern of the shoulder
- Adjustable thigh hold-down pad

Plate Loaded Seated Row



SKU: HOLYLAND-8104

The Ntaifitness **Plate Loaded Seated Row** accommodates all body styles – allowing you to adjust your seat height, the chest pad length, and the distance between grips!

The Ntaifitness plate loaded seated mid-row machine offers independent arm movement, so a dominant side cannot take over the exercise.

The Ntaifitness Seated Row Machine features a quality steel frame with a durable powder coat paint finish.

The Seated Row Machine is the ideal piece of back equipment for weight training for those looking to develop a strong muscular back, build depth in the middle back, target the upper back muscles, and strengthen the hard-to-reach lower lat muscles.

The Ntaifitenss ROC IT Plate Loaded gym equipment offers has over 14 plate-loaded single stations focusing on specific muscle groups. This Plate Loaded Line is a top-performing line of commercial strength equipment.

Traditional machine-based exercises are not considered functional by virtue of their inability to mimic activities of daily life. The Ntaifitenss ROC IT Plate Loaded Line using the machine becomes an integral part of the exercise. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

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