

## INDIVIDUAL PRODUCT DETAILS

### AE8026 Lat Pulldown / Seated Row

#### 1. Identity Card



Model	AE8026
English Name	Lat Pulldown / Seated Row
Primary Muscle	Latissimus Dorsi
Secondary Muscles	Rhomboids, Trapezius, Biceps

#### One-line Pitch

"Maximizing floor efficiency via mirrored layout, while delivering total back width and thickness through a versatile dual-function design."

## 2. Product Overview

The **AE8026** is a selectorized strength machine specifically engineered for back muscle training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. This single machine integrates two core back exercises, designed to systematically enhance back width and thickness while meeting diverse training path requirements. The extended seat accommodates torso positioning for both lat pulldowns and seated rows, ensuring a natural posture and smooth force output. The ultra-high pulley provides a full range of motion for lat pulldowns, while the 3+1 position adjustable thigh pad offers strong stability and prevents interference during rowing movements. The low pulley is perfectly aligned for seated row trajectories, and the ergonomically designed footplates ensure maximum stability and effective latissimus dorsi stimulation.

### 3. Key Features



#### Dual-Function Design

Combines lat pulldown and seated row in one machine, maximizing facility floor efficiency while saving space.



#### 3+1 Position Adjustable Thigh Pad

Adapts to various leg lengths for stability, with heights precisely calculated to prevent interference during rowing exercises.



#### Extended Seat Cushion

Specifically designed to accommodate seating requirements for both modes, ensuring ample support and comfort during transitions.



#### Ergonomic Footplates

Matches natural stepping angles to enhance stability and support, allowing users to focus entirely on back engagement during rows.

## 4. Main Parameters

Functional	Dual Function
Dimensions (L × W × H)	2012×1469×2260mm 79"×58"×89"
Net Weight	218.5kg/482lbs
Weight Stack Options	105KG/231lbs
Maximum Weight Stack	117.5/259lbs
Maximum body weight	150KG/331lbs
Machine pulley ratio	Lat Pulldown 1:1 Seated Row 1:1
Main Frame Tubing	J50×150×3.0mm