

PRODUCT SPECIFICATIONS

XPC 1801 dual Cable Cross

Code: 53250

MRP : 601800.00

Enhances strength of various muscle groups due to the versatile movements of its arms vertically and horizontally. With arms that rotate to allow a full range of motion, numerous handles, and weight stacks, the cable machine lets you perform an endless variety of movements. The unique advantage of cables is that they allow you to manipulate your resistance in any direction. Transform XT let you do absolutely any exercise while standing up. You're automatically involving most of your core muscles. This not only helps correct left-right imbalances, but it also forces your core muscles to work even harder to avoid rotating in certain exercises. Movements on a cable machine can be performed on one side of the body at a time. It easy to incorporate movement in all three planes: sagittal (forward and backward), frontal (side to side), and transverse (rotation). When you perform a cable exercise that includes a one-arm or one-leg movement, you're automatically working in all three planes.

COSCO
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DESCRIPTION

Seat Material :	High Density PU
Net Weight :	350 Kgs.
Cable :	6mm Dia.
Size (LxMxH) Max.: :	1380x1600x2410mm
Size (LxMxH) Min.: :	1840x1080x1870mm
Steel Thickness :	2.5mm
Steel Tubing :	50 x 100mm
Weight Material :	Cast Iron
Weight Plates :	2 x 88 Kgs.