DF303
LAT PULLDOWN/MID ROW



The SportsArt DF-303 Lat Pulldown/Mid Row combines three upper-body exercises in one versatile station. Users can perform vertical pulls, horizontal rows and pressing movements to target the back, chest, shoulders and arms. Multi-position handles provide varied grip options, while the adjustable seat, chest pad and stabilizing footrests support secure, comfortable positioning throughout each exercise

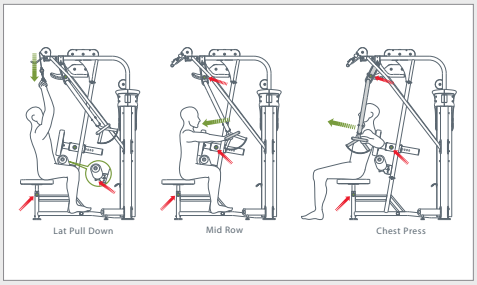
KEY FEATURES

- **Multi-position handlebars work different areas of the back**
- **Adjustable seat and chest pad to accommodate different heights**
- **Plate increments: 8 x 11 lbs (5 kg); 8 x 16.5 lbs (7.5 kg)**
- **Foot rests for stabilization**

TECHNICAL DETAILS	
Unit Weight	490.5 lbs / 222.5 kg
Dimensions (LxWxH)	60.4 x 44.6 x 89.1 in / 153.3 x 113.4 x 226.3 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Lat Pull Down: 15.4 lbs / 7 kg Mid Row: 10 lbs / 4.5 kg Chest Press: 22 lbs / 10 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty cushions featuring double-stitched upholstery Multiple adjustment points for maximum customization Manufactured to meet EN ISO 20957 / ASTM F2276 standards

WARRANTY*	
Type	Full Commercial - no usage limit
Frame	10 Years
Weights & Guide Rods	5 Years
Cables, Belts, Bearings & Parts	3 Years
Grips, Enclosures & Covers	1 Year
Upholstery	6 Months
Labor	1 Year

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Innovative pulling arm has an additional setting to allow for chest press, increasing the number of available exercises



Stacks feature sound dampeners and magnetized selector fork for maximum stability

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