

# Sisu Overhead Pulldown



The overhead pulldown exercise is a strength training exercise used for developing the back muscles (latissimus dorsi) and the biceps muscles. The trainee, while seated on the bench facing the equipment, pulls the bar down towards one's chest. To activate muscles from a different angle, the grip width can be varied along the bar from narrow to wide. The seat is equipped with a thigh- and footrest for the trainee's convenience. The weight can be adjusted steplessly by turning the wheel. The level of resistance (15 -100 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience.

Metal colour   
 Colour of walls and HPL 

