

## Go Series Lat Pulldown

GO-S33

Choose our intuitive lat pulldown to help those new to strength training improve their upper-body strength. Oversized neutral grips offer a comfortable hold while reducing stress on shoulder joints, and the ratcheting seat easily adjusts to fit users of all sizes. Its space-saving design fits your facility and your budget.

- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Ratcheting seat allows for quick and easy upward adjustment.
- Neutral hand positions put less stress on the shoulder joint and increase user comfort.
- Long oversized grips reduce the need to make seat adjustments.



ADJUSTMENTS	
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	6 seat starting positions

FRAME & CABLES	
MACHINE ANCHORING LOCATIONS	Yes
CABLE TRANSMISSION	Internally lubricated cables and fittings
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White

TECH SPECS	
MAX USER WEIGHT	159 kg / 350 lbs.
OVERALL DIMENSIONS (L X W X H)	162 x 91 x 171 cm / 63.8" x 35.8" x 67.3"
PRODUCT WEIGHT	210 kg / 463 lbs.
MAX "IN-USE" DIMENSIONS (L X W X H)	174 x 91 x 171 cm / 68.5" x 35.8" x 67.3"

USER AMENITIES	
PLACARD COLOR CODING	Yellow (upper body)
PERSONAL STORAGE	Bottle holder and storage area
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations, adjustment points

WEIGHT STACK	
WEIGHT STACK GUARDING	Full front and rear metal shrouds
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
TOTAL STACK WEIGHT	72 kg / 160 lbs.