

TORSO ROTATION

JPCR - 602

The Torso rotation machine targets the oblique muscles in a controlled manner under resistance.



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to Access the Video

FEATURES

- ◆ **Adjustable Range of Motion:** Customizable angles for focused oblique training.
- ◆ **Ergonomic Seat & Pads:** Ensures comfort and proper posture during exercises.
- ◆ **Smooth Resistance:** Precision weight stack provides controlled and fluid motion.
- ◆ **Compact & Durable:** Space-saving, sturdy design for any gym setting.
- ◆ **Targeted Core Engagement:** Strengthens obliques and core for better stability and balance.

SPECIFICATIONS

DIMENSIONS:

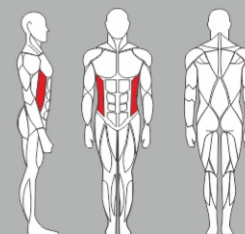
Length: 48 inches / 122 cms

Width: 50 inches / 127 cms

Height: 82 inches / 208 cms

Weight: 595.2 lbs / 270 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: External & Internal, Abdominal Oblique

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.