

## PEC FLY / REAR DELT

JPC - 106

Pec fly / Rear delt machine boasts a compact design and ergonomic handles for comfortable workouts. With customizable resistance levels, users can adjust the intensity to suit their fitness goals. Its standing position ensures optimal alignment for engaging the abductor muscles effectively. Elevate your leg training routine with the Standing Abductor, engineered to deliver outstanding functionality and results.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Adjustable Seat:** Customizes position for comfort and effectiveness, accommodating different heights and body types.
- ◆ **Ergonomically Designed Handles with Multiple Grips:** Offers various grips for versatile workouts, targeting different muscle groups.
- ◆ **Safety Pad on Top:** Provides extra protection and stability, reducing injury risk during exercises.
- ◆ **Comfortable Back Support:** Ensures proper posture and comfort, minimizing back strain.
- ◆ **Compact Design:** Ideal for gyms with limited space.

### SPECIFICATIONS

#### DIMENSIONS:

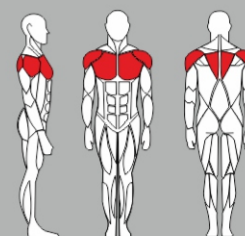
Length: 56 inches / 142 cms

Width: 34 inches / 86 cms

Height: 82 inches / 208 cms

Weight: 508.8 lbs / 230.8 kg

Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Pectoralis Major, Anterior Deltoid, Posterior Deltoid

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