

OVERHEAD PRESS

JPRS - 301

The Overhead Press features a converging movement that is biomechanically accurate and keeps the target muscles under tension throughout the range of motion.



FEATURES

- ◆ **Adjustable Seat:** Customizes height for proper alignment and comfort.
- ◆ **Ergonomic Handles:** Designed for a firm grip and natural wrist positioning.
- ◆ **Durable Construction:** Built with high-quality materials for long-lasting performance.
- ◆ **Compact Design:** Space-efficient, ideal for smaller gym setups.

SPECIFICATIONS

DIMENSIONS:

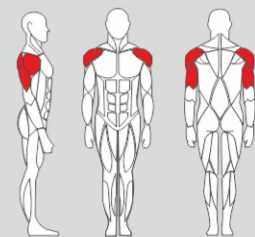
Length: 66 inches / 168 cms

Width: 52 inches / 132 cms

Height: 60 inches / 152 cms

Weight: 546.9 lbs / 248.1 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Deltoids, Triceps

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