

PEC FLY / REAR DELT

JPCR - 101

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.



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:

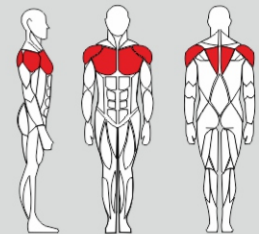
Length: 57 inches / 145 cms

Width: 64 inches / 163 cms

Height: 76 inches / 193 cms

Weight: 529 lbs / 240.1 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.