

CHEST PRESS

JPL - 109

The Chest Press is designed to target and strengthen the chest muscles in an isolated manner. With its inclined pressing angle, this machine places particular emphasis on the upper portion of the chest, allowing for balanced muscle development and addressing any strength imbalances.



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to Access the Video

FEATURES

- ◆ **Optimized Pressing Motion:** Designed to target the chest muscles effectively while reducing strain on the shoulders.
- ◆ **Ergonomic Seat Adjustment:** Ensures proper alignment and comfort for users of different heights.
- ◆ **Independent Arm Movement:** Enables unilateral training for balanced muscle development.
- ◆ **Plate-Loaded System:** Offers easy weight customization for all fitness levels and progressive training.
- ◆ **Durable and Stable Design:** Built for rigorous use, ensuring stability and reliability during heavy lifts.

SPECIFICATIONS

DIMENSIONS:

Length: 62 inches/157 cms

Width: 72 inches/183 cms

Height: 70 inches/178 cms

Weight: 374 lbs/170 kg

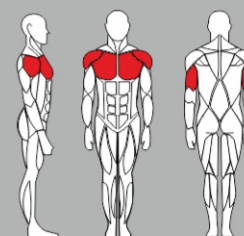
Start Weight: 16.2 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 616 lbs/280 kg

MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

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



*Plates, barbell, attachments and accessories are not included and need to be bought separately.