

## DUAL AXIS DECLINE BENCH

JPL - 105

Parallel pivot technology creates a converging path to simulate free weight dumbbell-barbell press. Counter balance weights provides accurate workout.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Dual Axis Motion:** Offers independent and converging movement paths for effective lower chest muscle engagement.
- ◆ **Optimized Decline Angle:** Specifically targets the lower chest while minimizing strain on shoulders and joints.
- ◆ **Ergonomic Leg Support:** Provides stability and comfort during pressing movements, ensuring proper form.
- ◆ **Plate-Loaded Resistance:** Allows easy weight adjustment for progressive strength training.
- ◆ **Durable Construction:** Built to provide stability and reliability during intense workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 92 inches/234 cms

Width: 48 inches/122 cms

Height: 36 inches/91 cms

Weight: 157 lbs/117 kg

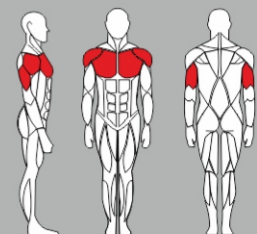
Start Weight: 11.2 kg

Max Loaded: Single Side: 176 lbs/80 kg

Both Side: 352 lbs/160 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.