

## INCLINE CHEST

JPL - 110

The Incline Chest is designed to target and strengthen the upper chest muscles. This machine features an inclined pressing angle, which places greater emphasis on the upper portion of the chest compared to a flat bench press. With its plate-loaded system, users can easily adjust the resistance to match their individual strength levels and fitness goals.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Optimized Incline Angle:** Specifically targets the upper chest muscles for effective muscle activation.
- ◆ **Adjustable Seat:** Ensures proper positioning and ergonomic alignment for users of various heights.
- ◆ **High-Quality Upholstery:** Features durable, high-density foam padding for superior comfort and support.
- ◆ **Plate-Loaded System:** Allows for easy resistance customization, catering to all fitness levels.
- ◆ **Durable and Stable Design:** Engineered for stability and reliability during intense workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 64 inches/163 cms

Width: 82 inches/208 cms

Height: 70 inches/178 cms

Weight: 407 lbs/145 kg

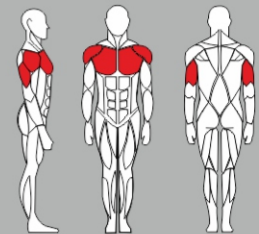
Start Weight: 16.2 kg

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.