

ISOLATERAL INCLINE CHEST PRESS

JPL - 103

The Isolateral Incline Chest Press is designed to target and strengthen the upper 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

- ◆ **Independent Arm Movement:** Ensures balanced muscle development by allowing unilateral chest training.
- ◆ **Incline Angle Optimization:** Focuses on the upper chest, enhancing muscle isolation and engagement.
- ◆ **Adjustable Seat and Backrest:** Provides ergonomic alignment and comfort for users of all sizes.
- ◆ **Durable Construction:** Engineered for stability and long-lasting performance during intense workouts.
- ◆ **Plate-Loaded System:** Enables easy customization of resistance for progressive training.

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches/142 cms

Width: 62 inches/157 cms

Height: 69 inches/176 cms

Weight: 368 lbs/167 kg

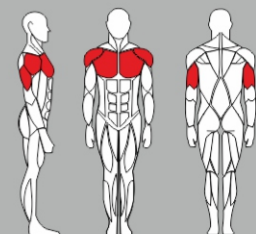
Start Weight: 21 kg

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.