

## ISOLATERAL PEC DECK

JPL - 107

The Isolateral Pec Deck is designed to target and strengthen the muscles of the chest, particularly the pectoralis major muscles. This isolateral design allows for independent movement of each arm, providing a more balanced and controlled workout.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Isolateral Arm Movement:** Allows independent arm motion for balanced chest muscle development.
- ◆ **Optimized Biomechanics:** Ensures proper muscle engagement and minimizes stress on shoulder joints.
- ◆ **Adjustable Seat and Backrest:** Provides ergonomic alignment and comfort for users of varying sizes.
- ◆ **Plate-Loaded Resistance System:** Enables easy customization of resistance levels for progressive training.
- ◆ **High-Quality Upholstery:** Features durable, high-density foam padding for superior support during workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 72 inches/183 cms

Width: 45 inches/114 cms

Height: 64 inches/163 cms

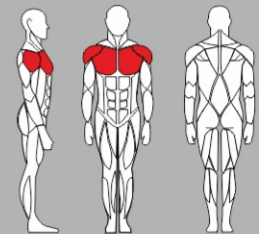
Weight: 281 lbs/127 kg

Start Weight: 7.7 kg

Max Loaded: Single Side: 176 lbs/80 kg

Both Side: 352 lbs/160 kg

**MUSCLE WORKED:** Pectoralis Major



**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.