

ISOLATERAL SUPER INCLINE SHOULDER PRESS

JPL- 119

The Isolateral Super Incline Shoulder Press is designed to target and strengthen the muscles of the shoulders and upper chest in an isolated manner. With its super incline design, this machine places greater emphasis on the upper chest and shoulder muscles, providing a unique and effective way to train these areas.



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to Access the Video

FEATURES

- ◆ **Independent Arm Movement:** Enables unilateral training for balanced muscle development and improved strength symmetry.
- ◆ **Inclined Design:** Optimally targets shoulders, upper chest, and triceps with a natural pressing motion.
- ◆ **Adjustable Seat and Backrest:** Provides proper alignment and maximum user comfort.
- ◆ **Plate-Loaded Resistance:** Allows easy customization of weights for all fitness levels.
- ◆ **Wide Base Stability:** Ensures secure and balanced positioning during heavy lifts. **Plates, barbell, attachments and accessories are not included and need to be bought separately.*

SPECIFICATIONS

DIMENSIONS:

Length: 65 inches/165 cms

Width: 58 inches/148 cms

Height: 76 inches/193 cms

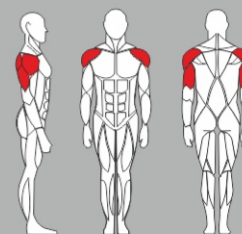
Weight: 405 lbs/184 kg

Start Weight: 19.1 kg

Max Load: Single Side: 308 lbs/140 kg

Both Side: 616 lbs/280 kg

MUSCLE WORKED: Deltoids Triceps



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