

LYING VERTICAL PRESS

JPL - 142 PRO

The Lying Vertical Press enhances lower body strength with precision, offering a dynamic addition to leg-focused training. Its ergonomic design and adjustable features cater to users of all fitness levels, ensuring a personalized workout experience. By utilizing a vertical pressing motion, this machine effectively engages leg muscles while emphasizing proper form.



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to Access the Video

FEATURES

- ◆ **Compact Design:** Vertical motion maximizes leg activation while saving space.
- ◆ **Ergonomic Position:** Supports back and hips, reducing strain on quads, glutes, and hamstrings.
- ◆ **Plate-Loaded System:** Adjustable resistance for progressive strength training.
- ◆ **Adjustable Back Support:** Customizable for user comfort and alignment.
- ◆ **Smooth Pivot Arms:** Ensures a natural range of motion with joint-friendly mechanics.

SPECIFICATIONS

DIMENSIONS:

Length: 75 inches/190 cms

Width: 82 inches/208 cms

Height: 86 inches/218 cms

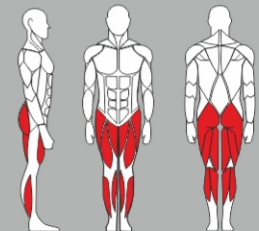
Weight: 580.91 lbs/263.5 kg

Start Weight: 73.3 kg

Max Loaded: Single Side: 308 lbs/140 kg - 331 lbs/150 kg

Both Side: 616 lbs/280 kg - 661 lbs/300 kg

MUSCLE WORKED: Glutes Hamstrings



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.