

SEATED PEC FLY / LATERAL RAISE COMBO.

JPL - 159

This dual-function machine combines two essential upper body movements pec fly and lateral raise into one compact unit, maximizing space without compromising performance. Designed to effectively target the chest and shoulder muscles, it allows for smooth transitions between exercises with adjustable arm positions and ergonomic handles. The independent movement arms ensure balanced muscle development, while the seat and backrest provide proper support and alignment. Ideal for enhancing chest definition and building strong, sculpted shoulders in any strength training setup.



Scan Here
to Access the Video

FEATURES

- ◆ **Dual Function Design:** Switch easily between pec fly and lateral raise.
- ◆ **Heavy-Duty Frame:** Stable and robust frame structure.
- ◆ **Ergonomic Seat:** Comfortable and supportive padding for user positioning.
- ◆ **Adjustable Arms:** Customizable arm paths for varied movement patterns.
- ◆ **Space-Saving Footprint:** Combines two exercises in one machine.

SPECIFICATIONS

DIMENSIONS:

Length: 58 inches/147 cms

Width: 45 inches/114 cms

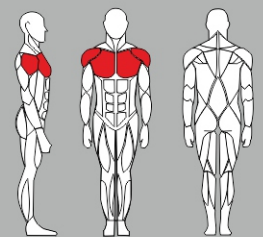
Height: 64 inches/163 cms

Weight: 230.6 lbs/104.6 kg

Start Weight: 18.4 kg

Max Loaded: Single Side: 176 lbs/80 kg

Both Side: 353 lbs/160 kg



MUSCLE WORKED: Chest, Shoulders, Upper Back

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

*Plates are not included and need to be bought separately.