

## SEATED / STANDING SHRUGS

JPL - 122

The Seated/Standing Shrug is a heavy-duty machine designed to train the trapezius muscles located on either side of your neck. This machine offers dual handles to perform both seated and standing exercises effectively, ensuring a safe workout.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Dual Functionality:** Designed for both seated and standing shrugs to target traps and shoulders effectively.
- ◆ **Adjustable Seat and Backrest:** Provides support and proper alignment for versatile use.
- ◆ **Ergonomic Handles:** Multiple grip options for varied muscle activation and user comfort.
- ◆ **Plate-Loaded Resistance:** Customizable weight system suitable for all fitness levels.
- ◆ **High Weight Capacity:** Suitable for heavy loads and advanced strength training.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 56 inches/142 cms

Width: 76 inches/193 cms

Height: 73 inches/185 cms

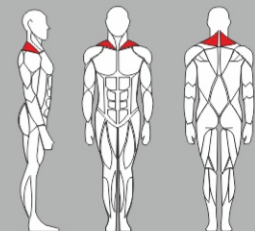
Weight: 53 inches/135 cms

Start Weight: 18.8 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 616 lbs/280 kg

**MUSCLE WORKED:** Trapezius Muscles



**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.