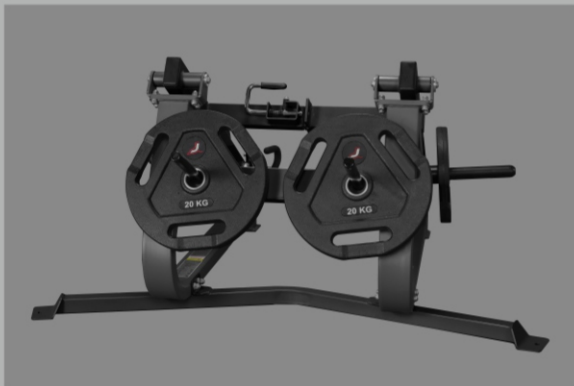
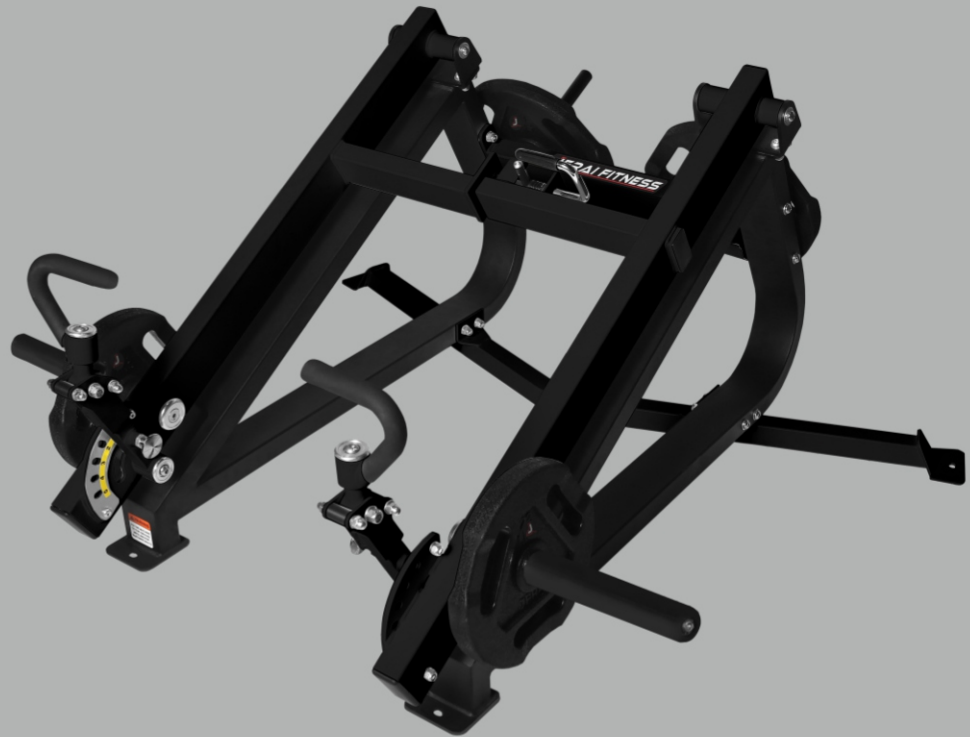


SHRUGS / DEADLIFT

JPL - 121

The unique plate loaded features adjustable handles, enabling a variety of starting positions. The ergo grip handles provide complete and independent arm movement, enabling a natural, user-defined path of motion.



Scan Here
to Access the Video

FEATURES

- ◆ **Dual Functionality:** Designed for both shrugs and deadlifts, targeting traps, shoulders, and lower back.
- ◆ **Ergonomic Handles:** Multiple grip options for varied muscle engagement and user comfort.
- ◆ **Plate-Loaded System:** Allows customizable resistance for all fitness levels.
- ◆ **Compact Design:** Space-saving structure ideal for home and commercial gyms.
- ◆ **Reinforced Frame:** Enhanced durability at key stress points.

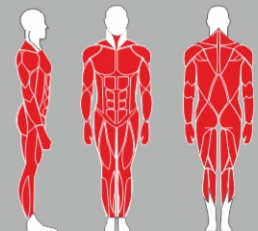
SPECIFICATIONS

DIMENSIONS:

Length: 70 inches/178 cms
Width: 60 inches/152 cms
Height: 42 inches/107 cms
Weight: 206 lbs/118 kg
Start Weight: 20.6 kg
Max Loaded: Single Side: 308 lbs/140 kg
Both Side: 616 lbs/280 kg

MUSCLE WORKED: Full Body

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.