

OVERHEAD PRESS

JPS - 301

The Overhead Press features a converging movement that is biomechanically accurate and keeps the target muscles under tension throughout the range of motion.



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to Access the Video

FEATURES

- ◆ **Adjustable Seat:** Customizes height for proper alignment and comfort.
- ◆ **Ergonomic Handles:** Designed for a firm grip and natural wrist positioning.
- ◆ **Durable Construction:** Built with high-quality materials for long-lasting performance.
- ◆ **Compact Design:** Space-efficient, ideal for smaller gym setups.

SPECIFICATIONS

DIMENSIONS:

Length: 62 inches / 157 cms
Width: 52 inches / 132 cms
Height: 70 inches / 178 cms
Weight: 546.9 lbs / 248.1 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Deltoids, Triceps

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

