

PEC FLY / REAR DELT

JPCR - 101

The Proton Series Pec Fly / Rear Delt is designed to effectively target both the chest and rear shoulder muscles in a single, space-efficient unit. It features smooth, independent arm movement for balanced muscle activation, along with adjustable start positions to suit various ranges of motion. Ergonomic padding ensures user comfort and correct form. Built with a 100kg weight stack and commercial-grade durability, it offers safe, consistent upper-body training for any professional gym environment.



FEATURES

- ◆ **Adjustable Seat:** Customizes position for comfort and effectiveness, accommodating different heights and body types.
- ◆ **Ergonomically Designed Handles with Multiple Grips:** Offers various grips for versatile workouts, targeting different muscle groups.
- ◆ **Safety Pad on Top:** Provides extra protection and stability, reducing injury risk during exercises.
- ◆ **Comfortable Back Support:** Ensures proper posture and comfort, minimizing back strain.
- ◆ **Compact Design:** Ideal for gyms with limited space.

SPECIFICATIONS

DIMENSIONS:

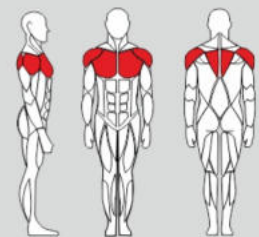
Length: 57 inches / 145 cms

Width: 64 inches / 163 cms

Height: 76 inches / 193 cms

Weight: 529 lbs / 240.1 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Posterior Deltoid

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