

PEC FLY / REAR DELT

JCRC - 101

Pec Fly / Rear Delt is a dual-function strength machine designed to effectively train the chest and rear shoulder muscles. Its overhead floating pivot ensures a biomechanically correct movement path for safe and efficient workouts, while adjustable range-of-motion settings allow users to customize each exercise. Ergonomic dual grip handles provide comfort and control for both pec fly and rear delt movements. Equipped with a smooth 220 LBS (100 KG) weight stack and a compact footprint, it delivers versatile upper body training for users of all fitness levels.



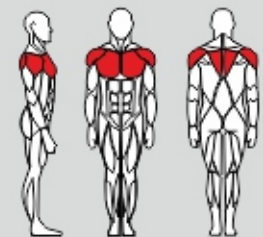
FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 54 inches / 137 cms
Width: 74 inches / 188 cms
Height: 80 inches / 203 cms
Weight: 581.7 / 263.9 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Posterior Deltoid

COLOURS AVAILABLE: Black.