

OVERHEAD PRESS

JCRS - 101

Overhead Press combines a converging pressing path with an independent twin movement design for a more balanced and coordinated training experience. This configuration encourage sequal contribution from both sides while maintaining consistent muscle engagement throughout the range of motion. Ergonomically positioned handles support a natural pressing action, while the seated design provides stability and comfort during exercise.



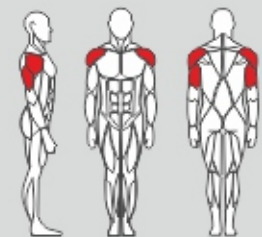
FEATURES

- ◆ **Adjustable Seat:** Customizes height for proper shoulder alignment and posture.
- ◆ **Compact Design:** Space-saving, ideal for smaller gym spaces.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Comfort Padding:** Cushioned seat and arm pads for added comfort during use.
- ◆ **Low Maintenance:** Designed for long-term performance with minimal upkeep.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 60 inches / 152 cms
 Width: 60 inches / 152 cms
 Height: 62 inches / 157 cms
 Weight: 573.2 lbs / 260 kg
 Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Anterior, Lateral Deltoids

COLOURS AVAILABLE: Black.