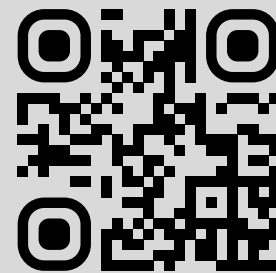


MULTI GYM - UPPERBODY

JH4MG1

All in one unit with dedicated weight stacks for each exercise. Workout your entire upper body on a single machine. Exercise Variations – Pec Fly, Rear Delt Fly, Lat Pulldown, Long Pull Row, Bicep Curl, Tricep Push Down, Cable Lateral Raise.



Scan Here
to Access the Video

FEATURES

- ◆ **Versatile Exercise Stations:** Includes multiple workout stations for chest press, lat pulldown, pec fly, and cable crossover, targeting all upper-body muscles.
- ◆ **Dual Weight Stacks:** Allows independent training for multiple users or bilateral exercises.
- ◆ **Integrated Cable System:** Offers smooth and adjustable resistance for a variety of pulley-based exercises.
- ◆ **Compact Multi-Functional Design:** Combines several machines into one compact unit, perfect for home gym setups.
- ◆ **Ergonomic Design:** Padded seats and backrests ensure comfort and proper support during workouts.

SPECIFICATIONS

DIMENSIONS:

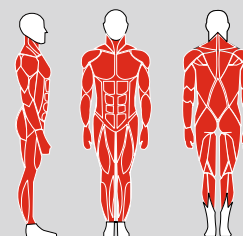
Length: 152 inches/386 cms

Width: 85 inches/216 cms

Height: 92 inches/234 cms

Weight: 1,382 lbs./628.2 KG

Weight stack: 165 lbs./75 KG X 4 Stack



MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.