

OVERHEAD PRESS

JXS - 301 - RBK - BL

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



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: 532.6 lbs / 241.6 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Deltoids, Triceps

COLOUR AVAILABLE: Dark Silver

