

PEC FLY / REAR DELT

JXC - 106 - RBK - BL

Pec Fly / Rear Delt is a versatile exercise machine with an overhead floating pivot that creates a biomechanically correct motion to perform the exercises safely and efficiently. The range of motion (ROM) components allows one to perform exercises in various ranges. Its dual-hand grip allows both chest and deltoid exercises and, it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



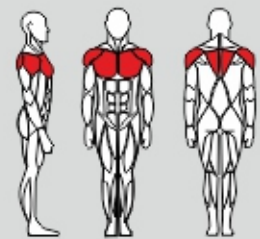
FEATURES

- ◆ **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.
- ◆ **Heavy-Duty Frame:** High-gauge steel construction for long-term durability.

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches / 142 cms
Width: 72 inches / 183 cms
Height: 82 inches / 208 cms
Weight: 522.2 lbs / 236.9 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Posterior Deltoid

COLOUR AVAILABLE: Dark Silver