

## STANDING MULTI FLIGHT

JXS - 304 - RBK - BL

Standing Multi Flight for Total Body Training, meticulously crafted to target all muscle groups with precision. This versatile equipment offers a comprehensive array of exercises, ensuring a complete workout experience. With customizable settings and an ergonomic design, users can effectively engage every muscle group while maintaining optimal alignment.



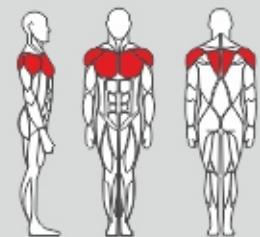
### FEATURES

- ◆ **Multi-Directional Motion:** Supports a wide range of movements for versatile training.
- ◆ **Adjustable Resistance:** Easily customizable weights for all fitness levels.
- ◆ **Ergonomic Handles:** Comfortable grips for secure and effective workouts.
- ◆ **Compact Design:** Space-saving structure ideal for any gym setup.
- ◆ **Stable Base:** Ensures safety and balance during intense exercises.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 36 inches / 91 cms  
Width: 53 inches / 135 cms  
Height: 77 inches / 196 cms  
Weight: 696 lbs / 315.8 kg  
Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Latissimus Dorsi, Triceps Brachii

**COLOUR AVAILABLE:** Dark Silver