

OVERHEAD PRESS

JPRS - 301 - RBK - BL

The X-Pro Series Overhead Press is engineered to build strong shoulders and upper body strength with optimal comfort and alignment. It features ergonomically angled handles that promote a natural pressing motion, reducing stress on the wrists and shoulders. The counterbalanced system ensures smoother lifts, while the adjustable seat and back support provide customized positioning for users of all sizes.



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: 66 inches / 168 cms

Width: 52 inches / 132 cms

Height: 60 inches / 152 cms

Weight: 653.89107 lbs / 296.6 kg

Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Deltoids, Triceps

COLOUR AVAILABLE: Black.

