

**INCLINE CHEST PRESS**  
**JPC-104**

◆ The Incline Chest Press features multiple seat and backrest adjustments to accommodate a wide range of users. The converging movement of the arms provides a good contraction for the upper chest.

◆ **DIMENSION:**  
Length : 56 inches / 142 cms  
Width : 64 inches / 163 cms  
Height : 72 inches / 183 cms  
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**  
Pectoralis Major  
Anterior Deltoid  
Triceps Brachii

