

- ◆ The Incline Shoulder Press helps target all 3 deltoid muscles while maintaining correct form.

INCLINE SHOULDER PRESS
JPS-304

- ◆ **DIMENSION:**
Length : 80 inches / 203 cms
Width : 54 inches / 137 cms
Height : 58 inches / 147 cms
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**
Deltoids
Triceps

