

OVERHEAD PRESS  
JPS-301

◆ The Overhead Press features a converging movement that is biomechanically accurate and keeps the target muscles under tension throughout the range of motion.

◆ **DIMENSION:**  
Length : 62 inches / 157 cms  
Width : 52 inches / 132 cms  
Height : 70 inches / 178 cms  
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**  
Deltoids  
Triceps

