

PEC FLY/REAR DELT

JPC-106

◆ The overhead floating pivot creates a biomechanically correct motion. The range-of-motion (ROM) components allow exercising in various ranges. Dual hand grips allow both chest and deltoid exercises. The Jerai Fitness Pec Fly/Rear Delt provides a maximum weight of up to 220 lbs.

◆ **DIMENSION:**
Length : 51 inches / 130 cms
Width : 30 inches / 76 cms
Height : 82 inches / 208 cms
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**
Pectoralis Major
Anterior Deltoid
Posterior Deltoid

