

STANDING FLY / DELTOIDS

JPC-105

◆ The Standing Fly deltoids is a unique combination of a lateral deltoid raise machine and a standing chest fly machine intergrated into a single compact machine. The platform is height adjustable to accommodate lifters of all sizes.

◆ DIMENSION:

Length : 58 inches / 147 cms

Width : 40 inches / 102 cms

Height : 82 inches / 208 cms

Weight Stack : 220lbs / 100kg

◆ MUSCLE WORKED:

Pectoralis Major

Anterior

Medial Deltoids

