

STANDING MULTI FLIGHT  
JPS-305

◆ Standing Multi Flight for Total Body Training, meticulously crafted to target all muscle groups with precision. This versatile equipment offers a comprehensive array of exercises, ensuring a complete workout experience. With customizable settings and an ergonomic design, users can effectively engage every muscle group while maintaining optimal alignment.

◆ **DIMENSION:**  
Length : 36 inches / 91 cms  
Width : 53 inches / 135 cms  
Height : 77 inches / 196 cms  
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**  
Latissimus Dorsi  
Triceps Brachii

