

PERSONAL TRAINING STATION 360

JHPTS360

- ◆ A compact and unique single weight stack unit featuring dual arms with 360 degree range of motion for unlimited exercise variations. Lat pull down, Ab Crunch, Tricep Push Downs, Tricep Extensions, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent over Rows, Shrugs, Squats, Inner Thighs, Outer Thighs, Glute Kick, Rotator Cuff, Wrist Curl Etc.

- ◆ **DIMENSION:**  
Length : 54 inches / 137 cms  
Width : 84 inches / 213 cms  
Height : 86 inches / 218 cms  
Equipment Weight : 255 kg

- ◆ **MUSCLE WORKED:**  
Full Body

