

PERSONAL TRAINING STATION
JPTS

◆ State of the art personal training equipment, ideal for individuals who want a single machine for the entire body. Loaded with three separate weight stacks to facilitate multiple users at a single time. The smith machine installed provides stability to beginners while also being able to withstand heavy workouts by experienced lifters. Dual cable stations provide a wide range of exercise variations. Dedicated weight stack for lat pulldown and long pull row increases versatility.

◆ **DIMENSION:**
Length : 82 inches / 208 cms
Width : 88 inches / 224 cms
Height : 90 inches / 229 cms
Weight Stack : 220lbs / 100kg
x 3 Stacks

◆ **MUSCLE WORKED:**
Full Body

