

CHEST PRESS

JPL-109

◆ The Chest Press is designed to target and strengthen the chest muscles in an isolated manner. With its inclined pressing angle, this machine places particular emphasis on the upper portion of the chest, allowing for balanced muscle development and addressing any strength imbalances.

◆ **DIMENSION:**
Length : 62 inches / 157 cms
Width : 72 inches / 183 cms
Height : 70 inches / 178 cms

◆ **MUSCLE WORKED:**
Pectoralis Major
Anterior Deltoid
Triceps Brachii

