

INCLINE CHEST
JPL-110

◆ The Incline Chest is designed to target and strengthen the upper chest muscles. This machine features an inclined pressing angle, which places greater emphasis on the upper portion of the chest compared to a flat bench press. With its plate-loaded system, users can easily adjust the resistance to match their individual strength levels and fitness goals.

◆ **DIMENSION:**
Length : 64 inches / 163 cms
Width : 82 inches / 208 cms
Height : 70 inches / 178 cms

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

