

ISOLATERAL CHEST PRESS

JPL-101

◆ The Isolateral Chest Press is designed to target and strengthen the chest muscles in an isolated manner. Featuring a plate-loaded system, it allows users to seamlessly adjust resistance levels to suit their unique strength and fitness objectives. This machine offers a stable and controlled platform for executing chest pressing movements, ensuring optimal muscle engagement and development.

◆ **DIMENSION:**
Length : 49 inches / 125 cms
Width : 58 inches / 147 cms
Height : 73 inches / 185 cms

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

