

ISOLATERAL DECLINE PRESS

JPL-155

◆ Crafted with precision to target and fortify chest muscles effectively. Engineered with isolateral functionality, it allows independent arm movement for balanced muscle development. By distributing load directly onto the chest, users can isolate and intensify their workout experience. With adjustable decline settings, users can tailor their workouts to optimize muscle engagement.

◆ **DIMENSION:**
Length : 58 inches / 147 cms
Width : 56 inches / 142 cms
Height : 72 inches / 183 cms

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

