

ISOLATERAL SUPER  
INCLINE SHOULDER PRESS

JPL-119

◆ The Isolateral Super Incline Shoulder Press is designed to target and strengthen the muscles of the shoulders and upper chest in an isolated manner. With its super incline design, this machine places greater emphasis on the upper chest and shoulder muscles, providing a unique and effective way to train these areas.

◆ **DIMENSION:**  
Length : 65 inches / 165 cms  
Width : 58 inches / 148 cms  
Height : 76 inches / 193 cms

◆ **MUSCLE WORKED:**  
Deltoids Triceps

