

LYING VERTICAL PRESS

JPL-142

◆ The Lying Vertical Press enhances lower body strength with precision, offering a dynamic addition to leg-focused training. Its ergonomic design and adjustable features cater to users of all fitness levels, ensuring a personalized workout experience. By utilizing a vertical pressing motion, this machine effectively engages leg muscles while emphasizing proper form.

◆ **DIMENSION:**  
Length : 75 inches / 190 cms  
Width : 82 inches / 208 cms  
Height : 86 inches / 218 cms

◆ **MUSCLE WORKED:**  
Glutes  
Hamstrings

