

- ◆ The Seated/Standing Shrug is a heavy-duty machine designed to train the trapezius muscles located on either side of your neck. This machine offers dual handles to perform both seated and standing exercises effectively, ensuring a safe workout.

SEATED/STANDING SHRUGS

JPL-122

- ◆ **DIMENSION:**  
Length : 56 inches / 142 cms  
Width : 76 inches / 193 cms  
Height : 53 inches / 135 cms

- ◆ **MUSCLE WORKED:**  
Trapezius Muscles

