

SHOULDER PRESS

JPL-118

◆ The Shoulder Press machine is designed to isolate and strengthen the shoulder muscles effectively. With its angled handles, users can perform both unilateral and bilateral movements, providing versatility in their workout routine. This allows for targeted engagement of the shoulder muscles from various angles, promoting balanced muscle development and overall shoulder strength.

◆ **DIMENSION:**
Length : 64 inches / 163 cms
Width : 84 inches / 213 cms
Height : 60 inches / 152 cms

◆ **MUSCLE WORKED:**
Deltoids Triceps

