

SHRUGS/DEAD LIFT

JPL-121

◆ The unique plate loaded features adjustable handles, enabling a variety of starting positions. The ergo grip handles provide complete and independent arm movement, enabling a natural, user-defined path of motion.

◆ **DIMENSION:**
Length : 70 inches / 178 cms
Width : 60 inches / 152 cms
Height : 42 inches / 107 cms

◆ **MUSCLE WORKED:**
Full Body

