

VERTICAL CHEST PRESS
JC-103

◆ Vertical Chest Press is a comfortable exercise machine that incorporates a rack-and-pinion arrangement to ensure a seamless and controlled movement, starting from the initial position. This machine is offers multiple hand grip positions and a weight stack of up to 220lbs, making it an ideal choice for a diverse range of users seeking to work on their chest muscles and overall upper body strength.

◆ **DIMENSION:**
Length : 56 inches / 142 cms
Width : 64 inches / 163 cms
Height : 72 inches / 183 cms
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**
Pectoralis Major
Anterior Deltoids
Triceps Brachii

