

PEC FLY/REAR DELT**JC-101**

- ◆ Pec Fly/Rear Delt is a versatile exercise machine with an overhead floating pivot that creates a biomechanically correct motion to perform the exercises safely and efficiently. The range of motion (ROM) components allows one to perform exercises in various ranges. Its dual-hand grip allows both chest and deltoid exercises and, it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.

- ◆ **DIMENSION:**
Length : 60 inches / 152 cms
Width : 68 inches / 173 cms
Height : 82 inches / 208 cms
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**
Pectoralis Major
Anterior Deltoid
Posterior Deltoid

