

- ◆ The Multi Press features 3 exercises in 1. Bench Press, Incline Press and Shoulder Press.

Both the machine arm and seat are adjustable for each exercise. Multiple hand grips make it easy to find a comfortable starting position.

- ◆ **DIMENSION:**
Length : 80 inches / 203 cms
Width : 60 inches / 152 cms
Height : 56 inches / 142 cms
Weight Stack : 165lbs / 75kg

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

