

## INCLINE SHOULDER PRESS

JFS - 3030

The Incline Shoulder Press is designed to target all three deltoid muscles in the shoulder. This machine offers a comfortable seat and angled handle to maintain proper form, and it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Adjustable Seat:** Customizable for proper shoulder alignment and comfort.
- ◆ **Ergonomic Handles:** Designed for a firm grip and natural movement.
- ◆ **Adjustable Resistance:** Tailor the weight to suit your fitness level.
- ◆ **Compact Design:** Space-saving for smaller gym environments.
- ◆ **Comfort Padding:** Cushioned support for added comfort during exercises.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 80 inches / 203 cms  
Width: 58 inches / 147 cms  
Height: 56 inches / 142 cms  
Weight: 380.5 lbs / 172.6 kg  
Weight stack: 220 lbs / 100 kg

**MUSCLE WORKED:** Deltoids Triceps

**COLOUR AVAILABLE:** Black.

