

MULTI PRESS

JFC - 1030

Multi Press is a versatile machine that offers a combination of three different exercises, the Bench Press, Incline Press, and Shoulder Press. The adjustable machine arm and seat allow users to customize their positioning for each workout. Its multiple hand grips make it easy to find a comfortable starting position and offer a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



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to Access the Video

FEATURES

- ◆ **Multi-Angle Chest Workout:**
Supports flat, incline, and decline presses.
- ◆ **Adjustable Seat and Backrest:**
Ensures proper alignment and comfort.
- ◆ **Selectorized Weight Stack:** Easy resistance adjustments for varied intensity.
- ◆ **Ergonomic Multi-Grip Handles:**
Targets different chest muscles effectively.
- ◆ **Smooth Motion System:**
Precision-engineered pulleys and cables ensure seamless movement

SPECIFICATIONS

DIMENSIONS:

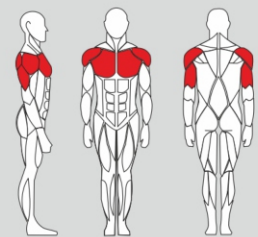
Length: 80 inches / 203 cms

Width: 60 inches / 152 cms

Height: 56 inches / 142 cms

Weight: 503.9 lbs / 228.6 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

COLOUR AVAILABLE: Black.