

PEC FLY / REAR DELT

JFC - 1010

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.



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FEATURES

- ◆ **Adjustable Seat:** Customizes position for comfort and effectiveness, accommodating different heights and body types.
- ◆ **Ergonomically Designed Handles with Multiple Grips:** Offers various grips for versatile workouts, targeting different muscle groups.
- ◆ **Safety Pad on Top:** Provides extra protection and stability, reducing injury risk during exercises.
- ◆ **Comfortable Back Support:** Ensures proper posture and comfort, minimizing back strain.
- ◆ **Compact Design:** Ideal for gyms with limited space.

SPECIFICATIONS

DIMENSIONS:

Length: 60 inches / 152 cms
Width: 68 inches / 173 cms
Height: 82 inches / 208 cms
Weight: 485.lbs / 220 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Posterior Deltoid

COLOUR AVAILABLE: Black.

