

PERSONAL TRAINING STATION 360

JHPTS360

A compact and unique single weight stack unit featuring dual arms with 360 degree range of motion for unlimited exercise variations. Lat pull down, Ab Crunch, Tricep Push Downs, Tricep Extensions, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent over Rows, Shrugs, Squats, Inner Thighs, Outer Thighs, Glute Kick, Rotator Cuff, Wrist Curl Etc.



Scan Here
to Access the Video

FEATURES

- ◆ **360-Degree Rotational Arms:** Adjustable arms allow a full range of motion for functional and strength training exercises.
- ◆ **Compact and Space-Efficient Design:** Ideal for home gyms with limited space while offering versatile workout options.
- ◆ **Smooth Cable System:** Provides consistent resistance for various isolation and compound exercises.
- ◆ **Ergonomic Handles:** Includes multi-position grips for user comfort and adaptability.
- ◆ **Sturdy Build:** Ensures stability and durability during high-intensity workouts.

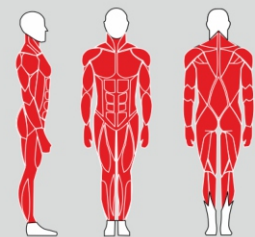
SPECIFICATIONS

DIMENSIONS:

Length: 54 inches/137 cms
Width: 84 inches/213 cms
Height: 86 inches/218 cms
Weight: 561 lbs./255 KG
Weight stack: 220 lbs./100 KG

MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.



*Plates, barbell, attachments and accessories are not included and need to be bought separately.