

VERTICAL CHEST PRESS

JFC - 1020

Vertical Chest Press is a comfortable exercise machine that incorporates a rack-and-pinion arrangement to ensure a seamless and controlled movement, starting from the initial position. This machine offers multiple hand grip positions and a weight stack of up to 220lbs, making it an ideal choice for a diverse range of users seeking to work on their chest muscles and overall upper body strength.



Scan Here
to Access the Video

FEATURES

- ◆ **Adjustable Seat:** Customizable for all heights, ensuring comfort and proper form.
- ◆ **Multi-Grip Handles:** Versatile grips target various chest muscles and reduce wrist strain.
- ◆ **Adjustable Resistance Levels:** Designed to suit beginners and advanced users.
- ◆ **Comfortable Back Support:** Promotes posture and reduces back strain.
- ◆ **Compact Design:** Space-saving, ideal for smaller gym setups

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches/142 cms
Width: 64 inches/163 cms
Height: 72 inches/183 cms
Weight: 494 lbs / 224 kg
Weight stack: 220 lbs/100 kg

MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

COLOUR AVAILABLE: Black.

