

**INCLINE SHOULDER PRESS**

**JS-305**

- ◆ 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.

- ◆ **DIMENSION:**  
Length : 80 inches / 203 cms  
Width : 58 inches / 147 cms  
Height : 56 inches / 142 cms  
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**  
Deltoids Triceps

