

MULTI PRESS

JC-104

- ◆ 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.

- ◆ **DIMENSION:**
Length : 80 inches / 203 cms
Width : 60 inches / 152 cms
Height : 56 inches / 142 cms
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**
Pectoralis Major
Anterior Deltoids
Triceps Brachii

