

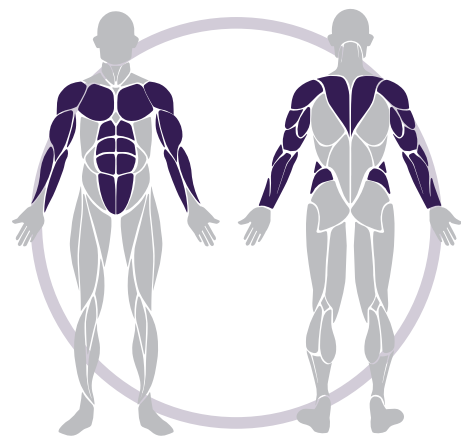
DATA SHEET

PEC & DELTOID



Strengths the upper body helping to maintain strength and ability to lift heavier items

Exercising on the pec and deltoid works the main muscles of the upper body – including the chest, shoulders and arms. The user effectively performs an upright fly exercise targeting the pectorals (chest muscles). A rowing type exercise for the shoulders targets the posterior deltoid.



Targeted areas:

Shoulders, Arms, Chest & Back

Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



Dimensions:

W112cm x D118cm x H133cm



Weight:

100.6kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Panels:

Side Panels: High impact resistant ABS plastic



Upholstery:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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