

## Pro Series, Pec Fly / Rear Delt

This versatile line of strength equipment offers effective weight training solutions to maximise even the most compact spaces. Whether you are an experienced athlete or a complete beginner, all pieces in the Pro Series range are designed to offer a quick, straightforward and easy access workout.

The specially designed Pro Series, Peck Fly / Rear Delt allows you to strengthen the arms from a comfortable sitting position. User will be able to safely train pectoral muscles, latissimus dorsi and deltoids. You can easily adjust the starting position and set up personal settings, train target muscle in an effective way by adduction and abduction the arm. In addition, it provides multi-starting positions to meet various user training demands.



Adjustable Seat



Dual Handles



Easy Weight Selection



Exercise Placard

### Technical Specifications

<b>Rating</b>	Commercial
<b>Shroud</b>	The cage is adopted with single-sided ABS translucent plastics with excellent durability and impact resistance. The injection-moulded plastics provide higher stability
<b>Tubing</b>	Tube of main frame is primarily at a thickness of 2.5mm, functional part uses a 50*100 rectangular tube, which makes the whole unit more powerful.
<b>Upholstery</b>	Chest pad, back pad and seat cushions are adopted with polymer material, which ensures safety and comfort whilst using.
<b>Adjustments</b>	The adjustable seat pad allows the proper set-up of the machine and user comfort.
<b>Weight Stack</b>	91 kg 200 lbs
<b>Dimensions</b>	L 142 x W 149 x H 186 cm L 56 x W 59 x H 73 inches

### Key Features

<b>Ergonomic back pad design effectively eliminates the pressure of the lumbar during a workout.</b>	•
<b>Multi-functional</b>	•
<b>The adjustable height of the seat pad meets the demands of various users.</b>	•