

Pec Fly

- The gradually slowing action mode can energize most of the pectorals major muscle, while minimizing the involvement of the anterior deltoid.
- Linked movement arms result in more balanced strength improvement. and the elbow pad transmits the power directly to the particular muscle.
- Minimize the outward rotation of the arms, thereby reducing the pressure on the shoulder joint.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1600*(W)1220*(H)1750mm
N.W.: 213KG
Weight stack: Standard: 80KG / Max: 120KG"

