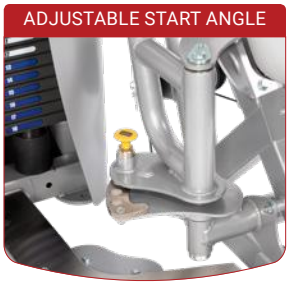
PEC FLY

RS-1302



FEATURES

- Each exercise arm has a range-of-motion adjuster that facilitates the press arm handle positioning to safely maximize exercise pre-stretch
- Starts with the exercise handles positioned at the upper-chest level, then rocks rearward which recruits the mid and low chest muscles during exercise movement
- Designed to reduce the stress placed upon the anterior shoulder capsule associated with horizontal extension and rotation of the arm
- Swiveling handles self-align to the user's wrist during exercise

SPECS

- Product Dimensions L x W x H:
  73.50" (187 cm) x 64.25" (163 cm) x 55.50" (141 cm)
- Product Weight: 591 lbs (268 kg)
- Weight Stack: 345 lbs (157 kg)

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