



Pec /Rear Delt

SI-1-PRD

- Dual operation Pec Fly and Rear Delt Fly movements
- Unilateral operation for balanced strength development
- Range of motion adjustment for optimal pre-stretch
- Handles pivot to accommodate arm length and desired path of motion
- Gas assisted seat adjustment

- Muscles:**
- Pectorals
 - Ant. Deltoid
 - Post. Deltoid
 - Rhomboids
 - Trapezius (Middle)

Length(mm):	1034
Width(mm):	1467
Height (mm):	1840
Machine Weight (kg):	347

Weight Stack	
Standard (kg):	148

