



Pro Series, Pec Fly / Rear Delt

SKU: **GG-PRO-112**

The Pro Series Pec Fly / Rear Delt machine offers dual-function training to target the chest and rear shoulder muscles with biomechanically sound movement. Designed for comfort and performance, it allows users to perform both pec fly and reverse fly exercises from a seated position with ease.

Key Features

- Dual-purpose design for pectoral and rear deltoid activation
- Biomechanically guided movement ensures smooth and efficient reps
- Multiple start positions enable proper alignment and accommodate a variety of exercises

Technical Specifications

Weight	211.5 kg	Weight Stack	91 kg
Length / Depth	142 cm	Pin Select	Yes
Height	186 cm		
Width	149 cm		

