





Perform Series, Pec Fly / Rear Delt

SKU: **GG-PERFORM-008**

The Perform Series Pec Fly / Rear Delt combines two essential upper body movements in one machine, delivering powerful chest and rear delt training. Independent pivoting arms allow unilateral or bilateral use, while the adjustable starting point and seat provide a customised fit for every user. This versatile design supports balanced muscle development with smooth, controlled motion.

Key Features

• 3mm thick steel tubing with D-shaped (95 x 81.1 x 3mm) and racetrack (50 x 100 x 3mm) construction for long-term durability

• 3.2mm translucent ABS shrouds protect components from impact and wear

• High-density poly-foam upholstery with double stitching for comfort and resilience

• American Loos™ self-lubricating cable with nylon-coated 12-strand fibre, tested to over 250,000 cycles

• Conveniently placed bottle holder within easy reach

• Adjustable seat and pivoting arms for tailored setup and workout precision

• Ergonomic TPV grips with aluminium ring stops for secure handling

• Fully enclosed dynamic components for added safety

• Lathed pulleys with precision bearings ensure smooth, consistent pre-stretch motion

• Engineered to meet EN957 safety standards for reliable performance

Technical Specifications

Weight	235.3 kg	**Weight Stack**	91 kg
Length / Depth	130.2 cm	**Pin Select**	Yes
Height	204.8 cm		
Width	127.5 cm		
Frame Weight	132 kg		