

LD¹

CHEST PRESS FOOT ASSIST

DUAL HANDGRIPS

GAS ASSISTED SEAT

SELF-ADJUSTING PEC
FLY ARMS

PEC FLY RANGE OF MOTION

1.25 TO 1 CHEST PRESS
WEIGHT RATIO
(250 LBS. ACTUAL RESISTANCE)

200 LB. WEIGHT STACK

EXERCISE DEMO VIA
INTEGRATED QR CODE



HEIGHT : 5'-10"
WEIGHT : 553 LBS

LD-1 CHEST PRESS/PEC FLY