

# DECLINE VERTICAL CHEST PRESS



PW739 ↴



## DESCRIPTION

- Converging motion optimizes pectoral contraction.
- Independent lever arms facilitate muscle isolation.
- Adjustable backrest for greater range of motion.
- Fabric belt on the backrest further facilitates adjustments.
- Shock adjustable seat provides smoother height customization.
- Two handle-grip options (pronated and neutral).
- Spring assisted pre-stretch pedal allows users to get into position easily.
- Built in band pegs and weight horns.
- Rubber footplate provides additional stability.

## SPECIFICATIONS

- Width 69" (198 cm)
- Height 52" (132 cm)
- Length 73" (183 cm)
- Weight 464 lb (210 kg)
- Starting resistance 18 lb (8 kg)