

PEC FLY / REAR DELT

HD-3900

PEC FLY



REAR DELT



PIVOTING HAND GRIPS



ADJUSTABLE ARM POSITIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

56.0" x 67.0" x 78.0" (142 cm x 170 cm x 198 cm)

PRODUCT WEIGHT HD

649 lbs (249 kg)

WEIGHT STACK HD

310 lbs (141 kg)

FEATURES

- ◆ Swiveling handles with rotating grips provide multiple hand positions
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Each exercise arm has dual pivots for user-defined exercise path
- ◆ Seven seat pad adjustments for varying user heights