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Incline Press



SKU: HOLYLAND-8009

Product Features

- Independently moving arms improves strength training balance
- You can increase the load by adding plates onto the bars designed for it.
- The sturdy design allows for training with a heavy load.
- The arms are worked separately, which gives a wide range of possibilities for training
- Adjustable seat height fits a variety of users
- Marine-grade double-stitched upholstery
- Spring-lock release knobs make for easy seat height adjustment
- Weight horns for ample plate storage
- Strengthens pectoralis major, front deltoid, and triceps

Plate Loaded Chest Press



SKU: HOLYLAND-8105

Take your workout to the next level with the Ntaifitness Commercial **Plate Load Chest Press**. The Ntaifitness Plate Loaded Chest Press Machine is a [commercial plate loaded strength machine](#) for mid and lower chest training featuring press arms.

The Ntaifitness chest press offers the freedom & feel of free weights. If you're looking for plate loaded upper body stations, you'll find what you need here.

Our Plate Loaded Chest Press features a converging pattern that provides an exceptional range of motion with consistent torque at the joint.

[Ntaifitness](#) Plate Loaded Chest Press is a space-efficient user-friendly machine designed to meet the needs of both professional as well as less advanced users.

The Ntaifitenss ROC IT Plate Loaded gym equipment offers has over 14 plate-loaded single stations focusing on specific muscle groups. This Plate Loaded Line is a top-performing line of commercial strength equipment.

Plate Loaded Incline Chest Press



SKU: HOLYLAND-8106

Product Features

- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handle positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of an incline bench press
- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arm
- Ratcheting seat adjustment

Plate Loaded Decline Chest Press



SKU: HOLYLAND-8107

The Ntaifitness **Plate Loaded Decline Chest Press** machine working in the lower part of the chest. The Ntaifitness Decline Chest Press has an upright body position that is comfortable and non-intimidating.

Decline Chest Press is used to build strength in the chest muscles, front shoulder, and triceps. It is the perfect complement to any fitness or home training.

The Ntaifitness Plate Loaded Decline Chest Press is designed to target the lower chest while at the same time affording activation of the deltoids and triceps.

Build the upper body in a safe and controlled manner with the Ntaifitness Plate Loaded Decline Press machine.

The Ntaifitenss ROC IT Plate Loaded gym equipment offers has over 14 plate-loaded single stations focusing on specific muscle groups. This Plate Loaded Line is a top-performing line of commercial strength equipment.

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