

High quality chest press MWH-007

An independent sports arm provides a more balanced increase in strength, with the option of training one arm at a time or concentric and eccentric movements of the other arm at the same time.

During the exercise, the movement of the handle will converge at a point, resulting in a natural arc of movement, expanding the scope of activities.

Warm-up, stretching line and frame integration, so that concentrated exercise muscles to facilitate the stretch point.