

The Body-Solid Pro•Dual Pec/Delt Machine puts you in the drivers seat for stronger pecs, back and shoulders.

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

- Independent arms with 5 adjustable starting positions enable users greater range of motion as well as both unilateral and bilateral arm movements.
- Extra-long 360 degree rotating handles self adjust to the users path of motion for both pec and rear delt exercises.
- Easy, 5-position gas-assisted seat adjustment puts users of any size in proper position.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Works as a modular component on the Pro •Dual 3-Stack and 4-Stack Gyms.