Seated Pec Fly - Rear Delt

ES-55A03YR



The Seated Pectoral Fly / Rear Deltoid embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function machine allows users to seamlessly perform both pectoral fly and rear deltoid exercises, promoting balanced upper body development with proper biomechanics and control. Engineered for full-commercial use, the rotating handle design helps reduce wrist strain—especially under heavier loads—while delivering a full, natural range of motion. With precision components and user-focused adjustability, this unit ensures a smooth, comfortable, and reliable training experience for all users.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing Functional area: 4.72" × 1.97" × 0.12" flat oval tubing Movement arms: 3.15" × 1.57" × 0.12" steel tubing Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing All structural components utilize high-quality Q235 steel.

- Smooth & Controlled Performance: CNC-machined POM cam system (“super steel”) provides excellent lubrication and wear resistance for fluid, consistent motion High-strength cable system rated for up to 3,080 lbs. ensures long-term durability Precision POM pulleys with high-quality bearings deliver quiet, low-friction operation under heavy use Internally routed cables maintain a clean, organized appearance.

- User-Focused Design: Rotating grips promote proper wrist alignment and reduce joint stress during heavy training Aluminum alloy seat support with parallelogram adjustment and torsion spring assist allows for quick, safe, and precise positioning.

- Full Shroud Design: Durable full shrouds constructed from 0.16" thick virgin ABS provide enhanced safety and a clean, modern look Integrated ABS guards add protection to high-contact areas.

- Comfort-Driven Components: High-density foam padding offers long-lasting comfort and support Upholstered with furniture-grade PU leather for durability and easy maintenance.

- Net Weight: 481lb
- Gross Weight: 503lb
- Weight Stack: 175lb

DIMENSION IN INCHES

Height	Width	Length
78.7	49.2	57.1