

Seated Pec Fly - Rear Delt

Model: ES-55A03YR

FEATURES

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" x 2.95" x 0.12" semi-elliptical steel tubing

Functional area: 4.72" x 1.97" x 0.12" flat oval tubing

Movement arms: 3.15" x 1.57" x 0.12" steel tubing

Joint sections: 3.94" x 1.97" x 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



SPECIFICATIONS

Net Weight: 481lbs **Gross Weight:** 503lbs
Footprint (L x W x H): 57.1" x 49.2" x 78.7"
Weight Stack: 175lbs