

S-102 Chest Press

Specifications:

Dimensions:

US 60" W X 58" L X 63" H

Metric 152 cm W X 147 cm L X 160 cm H

Weight Stack:

US 365 lbs. total, 3-5 lb, 1-10 lb, 17-20 lb

Metric 165 kg total, 3-2 kg, 1-4 kg, 17-9 kg

Total Weight:

US 730 lbs.

Metric 332 kg



Features:

- Converging axis provides biomechanically correct exercise motion.
- Four bar linkage, gas-assisted seat has 8 adjustment positions to accommodate various size trainees.
- Handgrip design allows for wide, narrow, and neutral grip positions.
- 1 3/4" handgrips for comfort.
- Foot assist for desired prestretch.
- 30° angled back pad allows the head to be above the heart for comfort and ease of entry or exit.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)