

S-103 Shoulder Press

Specifications:

Dimensions:

US 57" W X 62" L X 63" H

Metric 145 cm W X 157 cm L X 160 cm H

Weight Stack:

US 265 lbs. total, 3-5 lb, 1-10 lb, 12-20 lb

Metric 120 kg total, 3-2 kg, 1-4 kg, 12-9 kg

Total Weight:

US 680 lbs.

Metric 309 kg



Features:

- Converging axis provides biomechanically correct exercise motion.
- Handgrip design allows for wide, narrow, and neutral grip positions.
- 1 3/4" handgrips for comfort.
- Four bar linkage, gas-assisted seat adjusts to 8 positions to accommodate various size trainees and to adjust pre-stretch.
- 5° angled back pad provides proper positioning for isolation of the shoulder.
- 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)