

Technical Data Sheet

Seated Chest Press

Device Description

Strengthens the upper back muscles, upper limb muscles and the shoulder girdle. Effectively develops and shapes the upper body.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 70 cm

Length: 100 cm

Safety zone: 400 × 370 cm

Free fall height: 50 cm

Instructions for Use

Sit comfortably on the seat and rest your back against the backrest. Grip the lower part of the handles. Push the handles away from you in a smooth, controlled motion without locking your elbows. Slowly return to the starting position while keeping your elbows close to your chest.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

