

Product Datasheet

Seated Chest Press



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

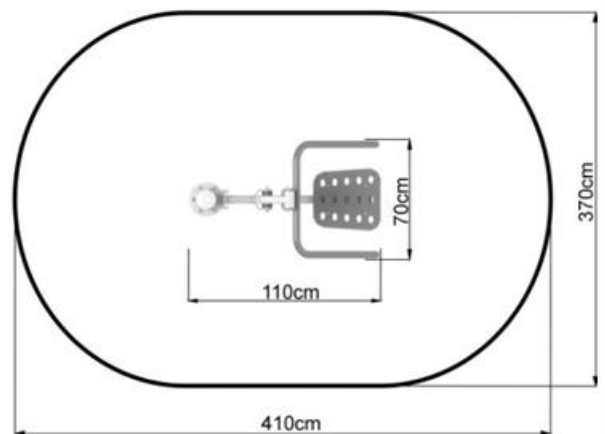
Height: 175 cm

Width: 70 cm

Length: 100 cm

Operating area: 400 × 370 cm

Free fall height: 50 cm



Exercise Instructions

Sit comfortably on the seat with your back supported. Grip the lower part of the handles. Push the handles forward in a smooth, controlled motion without locking your elbows. Slowly return to the starting position while keeping your elbows close to your chest.

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.