

SHOULDER PRESS

JFS - 3020

Shoulder Press machine is designed to specifically targets the muscles in shoulders. This machine offers dual hand grips for both neutral as well as pronated grips variation, and it offers a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



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to Access the Video

FEATURES

- ◆ **Ergonomic Handles:** Angled design ensures natural shoulder movement and effective muscle targeting.
- ◆ **Adjustable Seat:** Spring-loaded pop-pin for precise alignment and comfort.
- ◆ **Weight Stack:** Smooth 100 kg selectorized stack for easy resistance adjustment.
- ◆ **Protective Shrouds:** Shields for user safety and dust protection.
- ◆ **Adjustable Backrest:** Provides support and alignment for various user heights and postures.

SPECIFICATIONS

DIMENSIONS:

Length: 66 inches / 168 cms

Width: 62 inches / 157 cms

Height: 56 inches / 142 cms

Weight: 533.5 lbs / 242 kg

Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Deltoids Triceps

COLOUR AVAILABLE: Black.

