



Chest Press

SI-1-CP

- Overhead pivoting and converging compound arc for safe and natural movement
- Unilateral operation for balanced strength development
- Dynamic variable resistance to correctly maximize muscle recruitment
- Range of Motion (R.O.M) handle adjustment for pre stretch
- Gas assisted seat height adjustment

Muscles:
 - Pectorals
 - Ant. Deltoid
 - Triceps

Length(mm):	1310
Width(mm):	1440
Height (mm):	2025
Machine Weight (kg):	356

Weight Stack

Standard (kg):	148
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