



SynergyMULTI – OMNI GROUND BASE PRESS (S3-3-OGP)

KEY FEATURES

- Dual adjustable height pulleys combined with an adjustable back support allows for the ultimate in effective exercise variations
- Upper body compound exercises performed from 'ground level' position encouraging total body stabilisation and enhanced functional transfer
- Pulley height positioning allows performance of effective, user defined, converging arc, upper body pressing exercises (including flat, incline, decline and overhead presses)
- Adjustable angle and retractable 'spine' back rest allows ground based compound exercises to be performed with maximal loads
- Adjustable feet to ensure the machine can be perfectly balanced on any floor surface
- Designed to allow start of exercise from standing position

DIMENSIONS

- 1560 L x 1535 W x 1738 H (mm)