



Shoulder Press

SAB-1-SP

- Unilateral operation for balanced strength development
- Dynamic variable resistance
- Counterbalanced arms for optimal starting resistance
- Multiple hand grips for optimal positioning

Muscles:

- Ant. Deltoid
- Mid Deltoid
- Trapezius (Upper)
- Triceps

Length(mm):	1627
Width(mm):	1514
Height (mm):	1389
Machine Weight (kg):	282

Weight Stack

Standard (kg):	75
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