



## Shoulder Press

SI-1-SP

- Rear pivoting and converging compound arc for safe and natural movement
- Counterbalanced arms for optimal starting resistance
- Unilateral operation for balanced strength development
- Dynamic variable resistance to correctly maximize muscle recruitment
- Gas assisted seat height adjustment

### Muscles:

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

---

Length(mm):	1645
Width(mm):	1309
Height (mm):	1483
Machine Weight (kg):	284

---

### Weight Stack

Standard (kg):	75
----------------	----

