

SHOULDER PRESS

RPL-5501



FEATURES

- Contoured press arm handles provide multiple grip positions
- Starts with the exercise handles positioned in front of the body, then rocks the user rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the arm and shoulder and reduce lower back arching
- Synchronized converging exercise motion replicates dumbbell presses

SPECS

- Product Dimensions L x W x H: 81.75" (208 cm) x 52.75" (134 cm) x 55.25" (141 cm)
- Product Weight: 396 lbs (180 kg)
- Max Storage: 360 lbs (163 kg)
- Max Capacity: 800 lbs (363 kg)

(Weight plates NOT included)