

CHEST PRESS

RS-1301



FEATURES

- Contoured press arm handles provide multiple grip positions
- Designed to reduce stress placed on the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch

SPECS

- Product Dimensions L x W x H:
59.50" (151 cm) x 60.50" (154 cm) x 57.50" (146 cm)
- Product Weight: 624 lbs (283 kg)
- Weight Stack: 345 lbs (157 kg)