

L080 Shoulder / Chest press

- It allows for a dual exercise: chest press (horizontal and inclined) and shoulder press.
- **Varied exercise.** Adjustable seat with 4 different positions, that allows for varied training, with a natural anatomical movement for each type of exercise.
- **Adjustable training arm with 4 different positions.** Different starting position heights can be selected, for longer or shorter strokes.
- **Counterbalanced arms.** Override the weight of the structure to be moved in order to lift only the selected weight plates.
- **Multiposition grips.** Adjustable to user's height and natural position. **Non-absorbent and non-slip rubber grips.** Absorbs shocks and it's more resistant to breakage and microorganisms.

Shoulder press position



Specifications:

Length: 193 cm / 76"
Width: 132 cm / 52"
Height: 152 cm / 60"
Weight: 212 Kg / 467 lbs.
Load: 90 Kg / 200 lbs.



L080 Shoulder / Chest press

- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Information panel showing worked muscle groups and exercise position.** This helps the user to identify the machine quickly and use it correctly.
- **High resistance 5 mm thick coated steel cable.** For a smooth, secure performance.
- **Resistance adapted to all the strength moments** developed throughout the whole movement.
- **Reliable and durable design with optimized safety and comfort.** Designed under the highest biomechanical standards and based on thorough studies of the anatomy of each muscle and its behavior during exercise. It ensures a range of soft and progressive exercise and a natural, precise and fluid movement.
- **4 mm thick ST-37 / 40 steel frame.** High durability.
- **Round edges with elliptical section** in order to avoid cuts and knocks.

Inclined press position



Horizontal press position



L080 Shoulder / Chest press

- **Three layer coating.** Enhanced by an initial anti-corrosion primer, followed by an epoxy powder layer and a lacquer or barnish.
- **Injected core fireproof seat.** Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection.
- **Reinforced frame,** for more security and protection.
- **Guarantees free, stable and natural guided movements.**
- **Work loads adapted both to beginners and advanced users.**
- **Structure raised 50mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint.
- **Magnetic weight plate selector.** The magnets ensure that there is no possibility of the selector coming out during training.
- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium y advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise.

