

SHOULDER PRESS

JPL- 118

The Shoulder Press machine is designed to isolate and strengthen the shoulder muscles effectively. With its angled handles, users can perform both unilateral and bilateral movements, providing versatility in their workout routine. This allows for targeted engagement of the shoulder muscles from various angles, promoting balanced muscle development and overall shoulder strength.



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to Access the Video

FEATURES

- ◆ **Ergonomic Design:** Adjustable seat and backrest ensure proper alignment and user comfort.
- ◆ **Dual Grip Handles:** Multiple grip positions for targeting different shoulder muscles.
- ◆ **Plate-Loaded Resistance:** Easy to customize weight for all fitness levels.
- ◆ **Versatile Training:** Focuses on deltoids while engaging triceps and upper chest.
- ◆ **Smooth Motion:** Biomechanically optimized for natural shoulder movement and joint safety.

SPECIFICATIONS

DIMENSIONS:

Length: 64 inches/163 cms

Width: 84 inches/213 cms

Height: 60 inches/152 cms

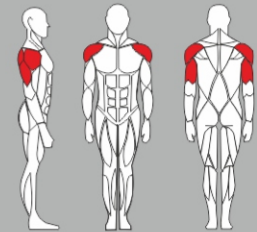
Weight: 380 lbs/172 kg

Start Weight: 17 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 616 lbs/280 kg

MUSCLE WORKED: Deltoids Triceps



COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.