SHOULDER PRESS

Code: KS-FS-014





Physical



Strenght



Pushing



Cardio

Description

The Shoulder Press is an outdoor gym device focused on strengthening the upper body. It builds up and sculpt the muscles of the chest, arms and back and improves the functionality of the cardiopulmonary system. What sets us apart from others is that the seat and backrest are covered by polyurethane foam (PU system). As a result users never have a feeling of hot touch during very sunny days, or cold during frost.

To do exercise sit comfortably on the seat and grab the handles with your hands. Push the handles upwards until the elbows are straight. Keep your back upright.

How to use Shoulder Press:
https://www.youtube.com/watch?v=kkV6qDpunG0

Product details

- Dimensions (LxWxH): 1,05 x 0,70 x 1,70 m
- Safety zone: 4,05 x 3,70 m
- The number of anchors: 1
- Compatibility with norm EN 16630 confirmed with the certificate
- Available in two versions: Comfort and Standard
- Can be painted in any colour from the RAL palette

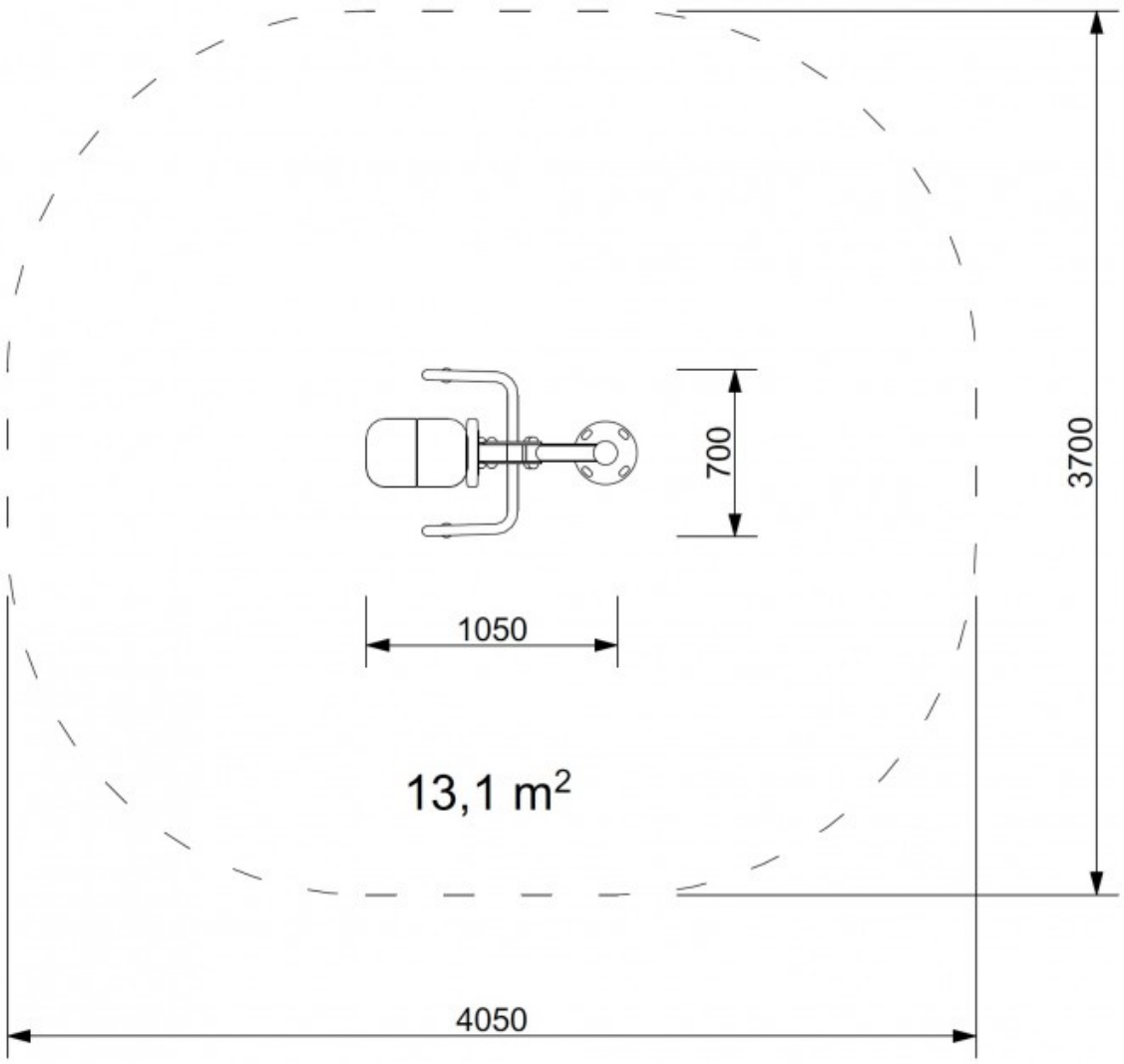
Materials

- Construction is made of powder-painted steel and protected against corrosion.
- Steps are made of aluminium.
- Handles are made of pipe ended with rounded decorative elements and profiled to ensure ergonomics and

user safety.
- Construction is welded and has no plastic ends except for bearing connections where it is possible to maintain/repair.
- The device is mounted on a supporting pole, that is attached to the ground by the flange.
- The flange is screwed with M16 screws into an anchor fixed to the concrete. Anchoring nuts are secured against unscrewing.

Differences in dimensions no more than +/- 5% are acceptable.

All images are for illustration purpose only and may vary from the actual product.


700
3700
1050
13,1 m²
4050