SHOULDER PRESS + CHEST PRESS

Code: KS-FD-010



Physical | Social-emotional | Socialisation | Strenght | Cardio

Description

The Shoulder Press + The Chest Press multi-functional outdoor gym set for building upper body strength and stamina. It builds up and sculpts 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.

Shoulder Press

To do the 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

Chest Press

To do the exercise, sit on the seat and grab the handles. Push the handles forward until the elbows are straight. Keep your back upright.

Product details

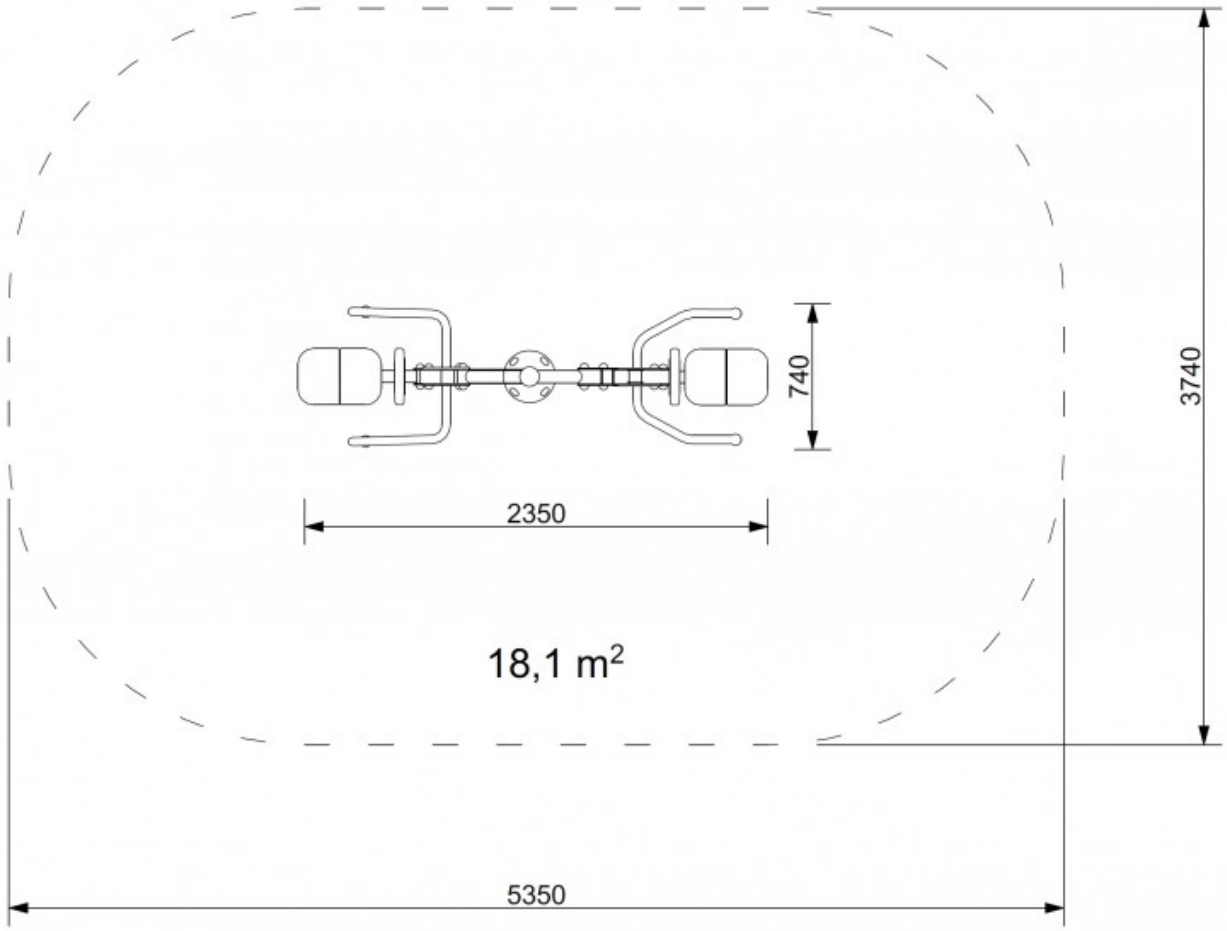
- Dimensions (LxWxH): 2,22 x 0,7 x 1,70 m

- Safety zone: 5,22 x 3,75 m
- The number of anchors: 1
- Differences in dimensions no more than +/- 5% are acceptable

Materials

- Construction is made of powder-painted steel and protected against corrosion.
- 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 attached to the ground by the flange.
- The flange is screwed with M16 screws into an anchor fixed in the concrete. Anchoring nuts are secured against unscrewing.

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


740
3740
2350
18,1 m²
5350