



GF-18011

Seated Chest Press



Muscle Groups Used



TECHNICAL DATA

Dimension: 1100×680×2010mm

Training Space: ∅2000×2050mm

Safe Area: ∅3500×3550mm

Free Height of falling: 550mm

Maximum permissible user body weight: 140KG

FUNCTION

Enhance the muscle strength of chest, arms and shoulders.

DIRECTION

1. Sit upright in the seat maintaining a straight back;
2. Take hold of the handgrips in front of you with both hands and then push forward until your arms are almost fully extended and straight;
3. Slowly bring your arms back to the starting position;
4. Maintain a smooth, controlled movement during exercise and do not lock elbows;
5. Exhale when pushing out, and inhale when pulling back;
6. Increase repeats as strength improves;

CERTIFICATION

EN16630:2015