



Black/grey
is the
standard colour,
but all RAL colours
are available.

Chest Press

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Strengthens the muscles in the shoulder girdle and upper back and the triceps. Improves the active stability and muscle coordination of the shoulder and upper back.
Usage	Sit in the seats, take hold of the grips and extend the arms. Hold the position for a few seconds and then return to the starting position without releasing the grips. Repeat this exercise.

Type	OFS100303
Dim.	195 x 73 x 195 cm
Space	500 x 375 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	90 kg
Volume	1 m ³



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

Chestpress

Niet geschikt voor personen kleiner dan 1,40 meter
Les appareils de fitness sont utilisables pour toute personne mesurant au minimum 1,40 m.

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