



Shoulder Press

SA-1-SP

- Dynamic variable resistance
- Multiple hand grips for optimal positioning

Muscles:

- Ant. Deltoid
- Mid Deltoid
- Trapezius (Upper)
- Triceps

Length(mm):	1175
Width(mm):	1638
Height (mm):	1393
Machine Weight (kg):	273

Weight Stack	
Standard (kg):	75

