



**PL090 SHOULDER PRESS**

- > **Length:** 154 cm
- > **Width:** 179 cm
- > **Height:** 150 cm
- > **Weight:** 162 kg
- > **Maximum load:** 400 kg
- > **Starting weight:** 4.5 kg

- > **Independent movement** in order to make sure a correct training, balanced with a biomechanic design for a perfect contraction
- > **Convergent movement** in order to make an overall workout
- > **4 racks** reinforced for plate storage
- > Ultra solid steel chassis. Combination of two kind of tubes: 76mm diameter circle tube and 100x50mm oval tube; both **with 3mm width**. TIG welding in all the union points.
- > High durability **stainless screws**
- > Ergonomic adjustment lever
- > The **seat adjustment is mechanic with an hidraulic compensator**. It has an articulated quadrilateral structure made on steel with the hydraulic aid.
- > **Fireproof upholstery** made in hi-density polyfoam for more confort and reliability.
- > **High precision industrial ball bearings** to ensure smooth operation and protection against corrosion.
- > **Elastic adjustments** that allow the user to adapt easily and accurately to the machine
- > Rubber protections on the supports to avoid scratthes.
- > **Anti-slip aluminum grips** for the best feeling during exercise and the greatest guarantee for durability
- > Diameter of the grips: 38cm
- > Due to the variety of settings and adjustments, it offers a **wide range of positions** for anyone to use the machine