

CHEST PRESS

RS-2301



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.75" X 58.25" X 58.00" (152 cm X 148 cm X 147 cm)

PRODUCT WEIGHT

668 lbs (303 kg)

680 lbs with RS-CAGE-NG-OPT1 (308 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

FEATURES

- ◆ Select-A-Grip handles provide 3 grip options (0,45, and 90 degrees)
- ◆ Designed to reduce stress placed on the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- ◆ Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- ◆ Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch
- ◆ Optional add-on weight system