

CHEST PRESS

RS-2301



SPECS

PRODUCT DIMENSIONS (L X W X H)

59.75" X 58.25" X 58" (152 cm X 148 cm X 147 cm)

PRODUCT WEIGHT

624 lbs (283 kg)

WEIGHT STACK

335 lbs (152 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

ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



SPECS

RS-CAGE-NG-OPT1

5 lbs

RS-CAGE-NG-OPT2

10 lbs

FEATURES

- ◆ **RS-CAGE-NG-OPT1:** Compatible with all RS units except RS-2403/ RS-2700
- ◆ **RS-CAGE-NG-OPT2:** Compatible with only RS-2403
- ◆ **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- ◆ **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.