CHEST PRESS / SHOULDER PRESS

HD-3300

CHEST PRESS



SHOULDER PRESS





PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)
61.50” x 58.00” x 61.50”(156 cm x 147 cm x 156 cm)

PRODUCT WEIGHT HD
557 lbs. (252 kg)
569 lbs. (258 kg) with RS-CAGE-NG-OPT3

PRODUCT WEIGHT HDG
580 lbs. (263 kg)
592 lbs. (267 kg) with RS-CAGE-NG-OPT3

WEIGHT STACK HD
215 lbs. (98 kg)
220 lbs. (100 kg) with RS-CAGE-NG-OPT3

WEIGHT STACK HDG
240 lbs. (109 kg)
245 lbs. (111 kg) with RS-CAGE-NG-OPT3

FEATURES

- Multiple seat and press arm positions
- Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- Dual-position hand grips
- Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT3)

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KEY CHANGES
ACROSS THE HD-LINE

CHANGES



GRIPS

- Change rubber grips to Ergo-grips



BOLT CAPS

- Removing large plastic bolt caps found at pivot points. (026-01M3605 retaining caps will be used for the through-shafting as seen above)



FOOTPLATES

- New molded footplates



SCUFF GUARDS

- Replacing plastic scuff guards with new stainless steel scuff guards



HANDLES

- Adding adjustable handles from CL line (RS-2301 and RS-2501)



CAGE

- Redesigned weight cage

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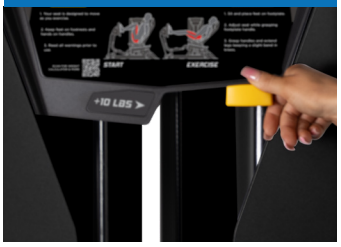
ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1
5 lbs

RS-CAGE-NG-OPT2
10 lbs

RS-CAGE-NG-OPT3
5 lbs

RS-CAGE-NG-63-OPT1
5 lbs

RS-CAGE-NG-63-OPT2
10 lbs

RS-CAGE-NG-63-OPT3
10 lbs

FEATURES

- **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.

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ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- RS-2101
- RS-2102
- RS-1103
- RS-2201
- RS-2203
- RS-2204
- RS-2301
- RS-2302
- RS-2401
- RS-2402
- RS-2406
- RS-2407
- RS-2408
- RS-2412
- RS-2415
- RS-1501
- RS-1502
- RS-2601
- RS-2602

HD-DUAL

- HD/G-3100
- HD/G-3600
- HD/G-3800
- HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- HD/G-3300
- HD/G-3400

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ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- HD-3403

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