SHOULDER PRESS

RS-2501



SPECS

PRODUCT DIMENSIONS (L X W X H)
66.75” X 53.50” X 54.75” (170 cm X 136 cm X 139 cm)

PRODUCT WEIGHT
622 lbs (282 kg)

WEIGHT STACK
255 lbs (116 kg)
260 lbs with RS-CAGE-NG-OPT1 (118 kg)

FEATURES

- Designed to place hands in a neutral grip position to reduce potential shoulder impingements
- Starts with the exercise handles positioned in front of the body, then rocks rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user’s arm with the midline of their torso to decrease external rotation of the shoulder and reduce lower back arching

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