## **CHEST PRESS**

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- The dependent, fixed-plane movement provides a uniquely secure and comfortable feel for all user levels
- Gas spring assisted seat and spring assisted back pad for easy adjustment
- Overhead pivot provides a natural path of motion
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing
- Innovative load transfer system creates a direct belt path, minimizing drag and optimizing user's sense of direct connection with the weight





## **OVERHEAD PRESS**

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels
- The dependent, fixed-plane movement provides a uniquely secure and comfortable feel for all user levels
- Gas spring assisted seat and spring assisted back pad for easy adjustment
- Standard and neutral grips provide multiple grip choices
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing
- Innovative load transfer system creates a direct belt path, minimizing drag and optimizing user's sense of direct connection with the weight
- User range of motion is set through seat height adjustment





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