

- ◆ The Shoulder Press machine has dual hand grips for both neutral as well as pronated grips for exercise variation. It aims to recreate the form of a military press but with the advantages of a machine.

- ◆ **DIMENSION:**
Length : 66 inches / 168 cms
Width : 62 inches / 157 cms
Height : 56 inches / 142 cms
Weight Stack : 165lbs / 75kg

- ◆ **MUSCLE WORKED:**
Deltoids Triceps

