

FULL BODY PRESS

The Full Body Press engages a wide variety of muscle groups throughout the entire body all on one machine, during one workout session. Safely and accurately address areas such as: chest, shoulders, triceps, upper/lower back, core, lats, hips, glutes, quads, calves, and hamstrings. Strengthen each of these areas faster than ever before to achieve desired results while increasing ability to complete physical demands of everyday tasks.

FEATURES

- Concurrent upper and lower body pressing motion
- Spring-assisted, 10-position adjustable knee pad accommodates a wide range of users
- Smooth motion allows users to control and safely execute each exercise accurately
- Enables users to burn more calories and strengthen more muscle groups in less workout time

SPECIFICATIONS

DIMENSIONS (L X W X H)

78" L x 68" W x 51" H / 198 cm x 173 cm x 130 cm

PRODUCT WEIGHT

616 lbs / 280 kg

COLOR

Charcoal/Black

ONE MOTION, FIVE INTEGRATED EXERCISES:

REPLACING

- Leg squats
- Chest press
- Incline press
- Shoulder press
- Plank



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