

# CHEST PRESS

## PLS-0100



The Palladium Series Plate Loaded PLS-0100 Chest Press is designed for customizable performance, featuring five-position handles that let users adjust their starting position and range of motion. Its unilateral press arms converge to enhance shoulder articulation and ensure a full range of motion. Includes six weight storage posts for added convenience.

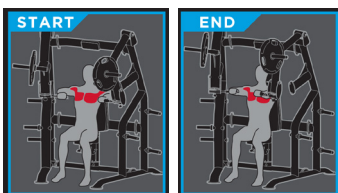
### FEATURES

- Unique 5-position adjustable handles allow user to set range of motion best suited to their individual needs
- 6-position seat uses gas cylinder assist for stable, friction-free adjustments

### USER AMENITIES

- (6) Weight Storage Posts
- Height Adjustment Guide
- Instruction Placard illustrates proper START and END positions

ADJUSTMENT GUIDE		
HEIGHT	METRIC	SEAT
5'	152cm	1
5' 4"	163cm	2
5' 7"	170cm	3
5' 10"	178cm	4
6' +	183cm +	5-6



### SPECIFICATIONS

DIMENSIONS (L x W x H)  
49" x 73" x 77" / 124cm x 185cm x 196cm

COLOR OPTIONS  
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.



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