

## CHEST PRESS

RPL-5301



### FEATURES

- Contoured press arm handles provide multiple grip positions
- Designed to reduce the stresses placed upon the anterior shoulder capsule associated with horizontal extension and internal rotation of the arm
- Starts with the exercise handles positioned at chest level, then rocks rearward to align the handles with the chin mimicking the natural angular or arched movement of a bench press
- Foot assist bar facilitates optimal positioning of press arm handles to control the degree of exercise pre-stretch

### SPECS

- Product Dimensions L x W x H:  
82.25" (209 cm) x 52.75" (134 cm) x 72.00" (183 cm)
- Product Weight: 441 lbs (200 kg)
- Max Storage: 720 lbs (327 kg)
- Max Capacity: 800 lbs (363 kg)

*(Weight plates NOT included)*