

# 028 Gymleco Chest Press, Standing

010 Series Plate Loaded machines



This Standing Chest Press from Gymleco is a plate loaded machine with adjustable back and 10 different grip angles. Pressing from a standing position automatically puts your body into a very solid, grounded position to press from allowing you to focus fully on your chest for maximum muscle fibre recruitment.

The Standing chest press gives you a stable and supported chest press training. It improves balance and targets your pecs, shoulders but also biceps and triceps. Optimum chest development comes from correct and variable movement. Pressing from a standing position automatically puts your body into a very solid, grounded position to press from, allowing you to focus fully on your chest for maximum muscle fibre recruitment.

- Angled back cushions for natural and free movement of the shoulders
- **10 different grip variations**
- Generous with space for the feet
- Angled extra footrest for stable hip position
- Compact space-saving design
- Standard frame color: Black
- Standard cushion color: Black or Red

#### Lenght

152 cm

#### Width

100 cm

#### Height

163 cm

#### Weight

135 kg

No maintenance needed.

**Gymleco®**