

# 030 Gymleco Shoulder Press

010 series, Plate Loaded



Get effective shoulder training with Gymleco's shoulder press. This type of shoulder press is renowned for giving better muscle development than free weights alone.

The adjustable backrest provides great scope for variation and is suited to all types of users. Individual levers and inward motion makes the machine very effective and safe.

Gymleco's unique individual arms with optimal biomechanics, which gives the right load distribution throughout the movement.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Easy to set up
- Rubberized handles
- Individual arms
- 4 weight hangers included

Lenght	Width	Height	Weight
130 cm	114 cm	149 cm	111 kg

No maintenance needs.