

Pro Series PL Shoulder Press

The Pro Series Plate Loaded Shoulder Press is a powerful tool for developing shoulder strength and muscle definition. It primarily targets the deltoids, trapezius, and triceps. Its space-efficient design makes it a great addition to personal training studios or home gyms, providing an effective solution for comprehensive shoulder training.



Limiting Mechanism



Adjustable Seat



High-Strength weight Horns



Sturdy Design

Technical Specifications

Rating	Commercial
Adjustments	Adjustable Handles
Loading Capacity	100kg per weight peg (200kg total)
Start Weight	7kg Per Arm
Product Weight	87kg 191.8lbs
Dimensions:	L 157.9 x W 152 x H 106.9 cm L 62.2 x W 59.8 x H 42.1 inches

Key Features

Adjustable Seat	•
High-strength engineering plastic barbell tube protective cover	•
Limiting mechanism to ensure the safety of the trainer	•