

SHOULDER PRESS

RS-1501



FEATURES

- Designed to place hands in a neutral grip position to reduce potential shoulder impingements
- Starts with the exercise handles positioned in front of the body, then rocks rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the shoulder and reduce lower back arching

SPECS

- Product Dimensions L x W x H:
66.75" (170 cm) x 53.50" (136 cm) x 54.75" (140 cm)
- Product Weight: 622 lbs (282 kg)
- Weight Stack: 338 lbs (153 kg)