

### K-103 Shoulder Press

#### Specifications:

##### Dimensions:

US 57" W X 56" L X 52" H

Metric 145 cm W X 142 cm L X 132 cm H

##### Weight Stack:

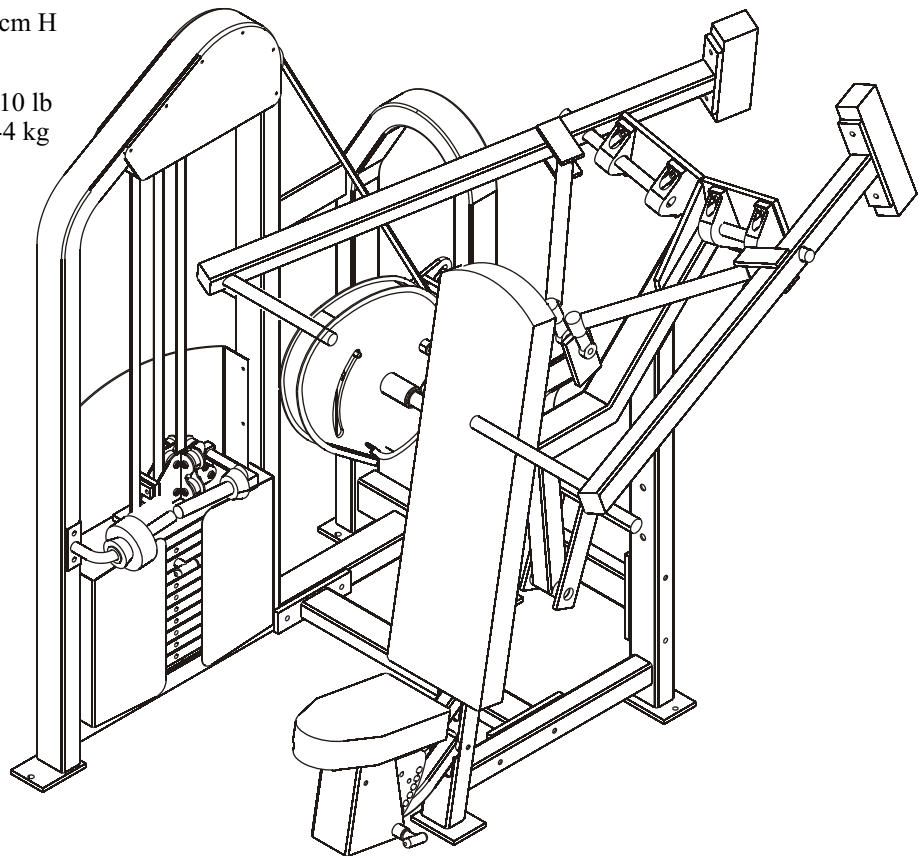
US 135 lbs. total, 1-5 lb, 1-10 lb, 12-10 lb

Metric 61 kg total, 1-2 kg, 1-4 kg, 12-4 kg

##### Total Weight:

US 520 lbs.

Metric 236 kg



#### Features:

- Converging axis provides biomechanically correct exercise motion.
- Handgrip design allows for wide and narrow grip positions.
- 1 1/4" handgrips for comfort.
- Four bar linkage, gas-assisted seat adjusts to 8 positions to accommodate various size trainees and to adjust pre-stretch.
- 5° angled back pad provides proper positioning for isolation of the shoulder.
- Smart Strength technology offers 3 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Adjustable cam has been modified to create strength curves specific for youth.