

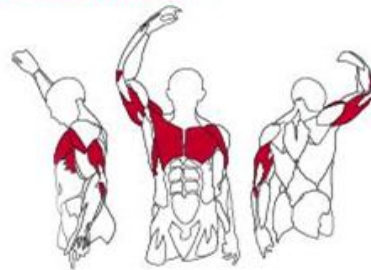
L070 – Seated chest press

TR Series

BH



muscles:
pectoral, triceps



Specifications

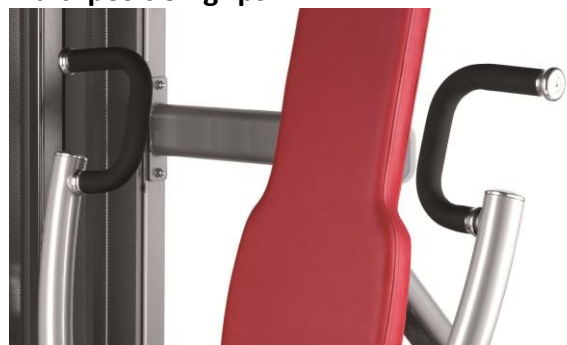
Length	148 cm / 58.3"
Width	133 cm / 52.4"
Height	148.5 cm / 58.5"
Weight	219 kg / 483 lbs
Weight stack	91 kg / 200 lbs
Optional weight	125 kg / 275 lbs

Foot pedal load release



To facilitate the start and end of training, avoiding hyperextensions or needless overextension. Provides a correct posture and allows full control of the movement.

Multi-position grips



Adjustable to user's height and natural position.

Photovoltaic technology in strength equipment: *Optional Photovoltaic Monitor*



Our monitors provide useful information for the user:

Didactic aim:

Help the users to check whether the rep was

Causes motivation:

It encourages the users to improve the exercise

Helps to user loyalty:

The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

Information provided:

- Right repetitions completed
- Percentage completed
- Range of exercises in each repetition
- Calories
- Total weight lifted
- Rest time between sessions