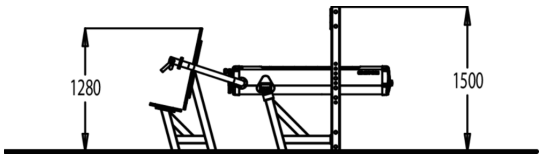
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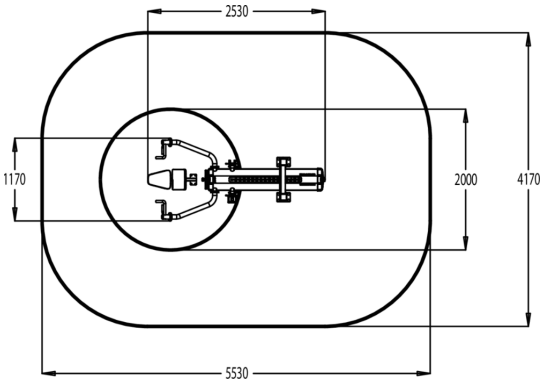
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Sisu Overhead Press



The overhead press is a weight training exercise used for developing the deltoids and the triceps muscles. While seated on the bench the trainee presses the handles straight upwards until the arms are locked out overhead. The handles provide different grip variations, to activate muscles from different angles. The weight can be adjusted steplessly by turning the wheel. The level of resistance (10 - 100 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience.





Number of users	1
Product length, mm	2530
Product width, mm	1170
Product height, mm	1500
Max. free fall height, mm	500
Safety info	EN 16630 TÜV
Foundation options	surface_mounting
Metal	
Colour of walls and HPL	

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