

# Sisu Accessible Press



The accessible press is an inclusive variation of the overhead press exercise. The equipment can be used in a wheelchair. The overhead press is a weight training exercise for developing the shoulder and the triceps muscles. While seated in a wheelchair the trainee presses the handles straight upwards until the arms are locked out overhead. The accessible press can be used also in a standing position. 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.

Product length, mm	2420
Product width, mm	1170
Product height, mm	1500
Safety info	EN 16630 TÜV
Foundation options	surface_mounting
Metal	
Colour of walls and HPL	