



Pro Series Plate Loaded, Seated Shoulder Press

SKU: **GG-PRO-PL-115**

The Pro Series Plate Loaded Shoulder Press is designed for building strength, muscle mass, and definition in the shoulders while also engaging the trapezius and triceps. Built for performance and safety, this machine delivers a smooth pressing motion and a comfortable user experience. Its compact footprint makes it an excellent choice for commercial gyms, PT studios, and home training spaces where efficient use of space is essential. Primary muscle focus: deltoids, trapezius, and triceps. Adjustable seat to accommodate users of different heights and ensure correct pressing position. High-strength engineering plastic barbell tube prote...



Technical Specifications

Weight	87 kg	Plate Loaded	Yes
Length / Depth	157.9 cm		
Height	157.9 cm		
Width	152 cm		
Frame Weight	87 kg		
Start Weight	14 kg		
Loading Capacity	0 kg		

