

Perform Series, Shoulder Press

SKU: **GG-PERFORM-002**



Natural overhead pressing with reduced joint stress The Perform Series Shoulder Press delivers smooth, controlled motion that closely replicates barbell and dumbbell pressing. Its counter-balanced design and independent arm movement encourage balanced strength development and versatile training styles.

Key Features

- Targets anterior deltoids for effective shoulder development
- Counter-balanced arm and rear-set pivot ensure ideal resistance curve
- Independent arm action supports unilateral, bilateral, and alternating reps
- 3mm reinforced steel frame built for long-term commercial use
- Translucent ABS shrouds protect components and reduce maintenance
- High-density foam upholstery with double stitching for comfort and durability
- Nylon-coated American Loos™ cable rated for 250,000 cycles
- Simple seat adjustment for correct biomechanics across all users
- TPV ergonomic handles with aluminium ends for a secure grip
- Lathed pulleys with precision bearings for fluid, consistent reps
- All moving parts enclosed for user safety
- Certified to EN957 standards for reliability and safety



Technical Specifications

Weight	250.4 kg	Weight Stack	91 kg
Length / Depth	156.5 cm	Pin Select	Yes
Height	150.6 cm		
Width	145 cm		
Frame Weight	137.4 kg		

