

CHEST PRESS / SHOULDER PRESS

HD-3300

CHEST PRESS



SHOULDER PRESS



PRESS ANGLE ADJUSTER



ADJUSTABLE INCLINE OPTIONS



SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
60.1" x 62.0" x 58.0" (152 cm x 157 cm x 147 cm)
- ◆ **PRODUCT WEIGHT HD**
557 lbs (252 kg)
- ◆ **PRODUCT WEIGHT HDG**
580 lbs (263 kg)
- ◆ **WEIGHT STACK HD**
215 lbs (98 kg)
- ◆ **WEIGHT STACK HDG**
240 lbs (109 kg)

FEATURES

- ◆ Multiple seat and press arm positions
- ◆ Easy, one-handed angle adjustments for vertical chest press, incline chest press and shoulder press exercises
- ◆ Dual-position hand grips