

# DATA SHEET CHEST SHOULDER PRESS

Text for invitation to tender | Item No: 55 1311 401

In order to keep the upper body in shape for life, exercising the shoulder and pectoral muscles is mandatory. Using the stilum chest shoulder press ensures a functional correct movement resulting in highly efficient strengthening. The innovative design of the training device allows individually adjusted exercising.



## TECHNICAL INFORMATION

Dimensions:

Main dimension:	2300 x 1070 mm
Height:	2300 mm
Weight:	181 kg
Capacity:	acc. to normative requirements

Max. fall height:

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Movement area:

21,73 m<sup>2</sup>

Required safety slabs:

24,75 m<sup>2</sup>

Required lawn grating:

30,00 m<sup>2</sup>

Recommended

surface material: grass, synth. impact protection

## MATERIALS | SCOPE OF SUPPLY

Fitness equipment, pre-mounted

Tubular frame:	stainless steel, V2A
Weights:	Ø 270 mm with spacer made of EPDM caoutchouc, 4 kg-weight 4 pieces 6 kg-weight 2 pieces
Standing area:	steel, coated and covered with EPDM granules; 1 piece
Foundation plate:	steel, coated
Instruction sheet:	stainless steel, aludibond 1 piece

## INSTALLATION

Foundation: 1

Installation according to our detailed mounting instructions, see [www.stilum.com](http://www.stilum.com)

