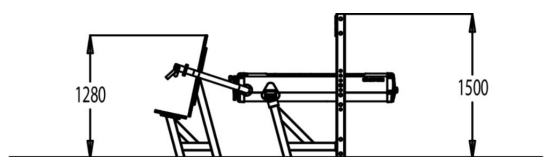
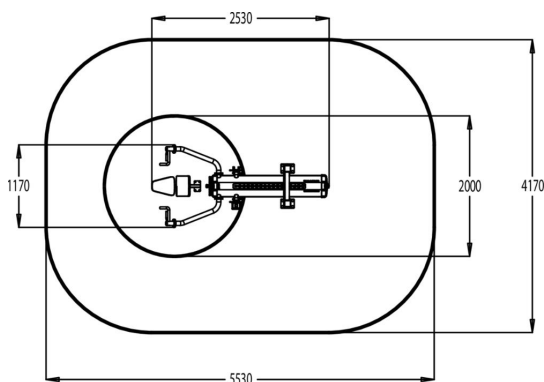




Sisu Overhead Press



The overhead press is a weight training exercise used for developing the deltoids and the triceps muscles. While seated on the bench the trainee presses the handles straight upwards until the arms are locked out overhead. The handles provide different grip variations, to activate muscles from different angles. 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 | 2530 |
| Product width, mm | 1170 |
| Product height, mm | 1500 |
| Max. free fall height, mm | 500 |
| Metal colour |  |
| Colour of walls and HPL |  |