SHOULDER PRESS
PLS-0200

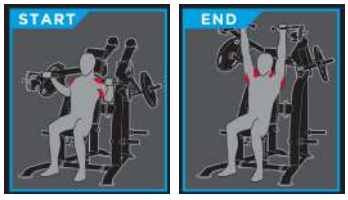
Engineered for precision and comfort, the Palladium Series Plate Loaded PLS-0200 Shoulder Press offers four-position handles, allowing users to fine-tune their grip and adjust their range of motion. The unilateral press arms move in a natural arc, converging above and in front of the user to optimize shoulder engagement. Comes equipped with four weight storage posts.

FEATURES

- Unilateral arms converge above and in front of the user to maximize articulation of the shoulder and allow for a complete range of motion
- Unique 4-position adjustable handles allow user to set range of motion best suited to their individual needs
- 6-position seat uses gas cylinder assist for stable, friction-free adjustments

USER AMENITIES

- (4) Weight Storage Posts
- Height Adjustment Guide
- Instruction Placard illustrates proper START and END positions



ADJUSTMENT GUIDE		
HEIGHT	METRIC	SEAT
5'	152cm	1
5' 4"	163cm	2
5' 7"	170cm	3
5' 10"	178cm	4
6' +	183cm +	5-6

SPECIFICATIONS

DIMENSIONS (L x W x H)
72" x 60" x 57" / 183cm x 152cm x 145cm

COLOR OPTIONS
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

REV 2-21-2025