

# 038 Gymleco Viking Press

010 Series Plate Loaded machines



Viking Press gym machine is one of the best ways of improving overhead pressing strength. The exercise itself is focused on the shoulders but the fact is that you use your whole body strength during the movement. So with other words, it gives you an effective full body workout. Read more about the Viking Press down below.

Viking Press is a standing shoulder press machine that allow you to train really heavy with the help of your body power. This because you are in a standing position during the exercise. The machine gives you really effective shoulder training and you can choose between two different movements thanks to the shape of the handles.

- Frame color: Black
- Smooth and nice movement
- Parallel grip c/c 59 cm
- Axial grip 62-96 cm between index fingers
- Adjust on how low or how high you want the handles: 7 starting positions 127-175cm
- You can load weights on the loading pins that are placed on the side of

<b>Length</b>	<b>Width</b>	<b>Height</b>	<b>Weight</b>
121 cm	98 cm	154 cm	125 kg

No maintenance needed.