

# 336 Gymleco Upright Shoulder Press, individual arms, 100 kg

300 series, Selectorized machines



We have the pleasure to present a world-unique shoulder press that revolutionizes traditional shoulder training. Thanks to the precise design of the ergonomic function, shoulder training becomes a pure pleasure with this machine.

There are many features that make this machine unique. To begin with, the sitting position is facing forward towards a supporting chest cushion, which means that the position is slightly tilted forward. The movement path therefore becomes more gentle on sore shoulder joints. In addition, the machine has individual arm. This makes it possible to train with one arm at a time, which reduces the risk of compensation. The chest support and seat cushion are both adjustable to easily adapt the machine to each individual. As always, all Gymleco's gym machines are made in robust material choices with priority on quality and durability.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Individual arms
- Ergonomic angles
- Adjustable chest and seat cushion
- Larger weight stack (optional)

**Lenght**  
120 cm

**Width**  
110 cm

**Height**  
165 cm

**Weight**  
240 kg

**Weight stack**  
100 kg

No maintenance needs.