

SHOULDER PRESS (ADJUSTABLE RESISTANCE)







Equipped with SafeStop



Target muscles Secondary muscles

Strengthens:

- Chest
- Back
- Shoulders
- Arms (triceps)





This unit accomodates wheelchair users who are able to transfer



VIEW THE VIDEO http://gfoutdoorfitness. com/adjustable-shoulderpress-video/





Greenfields' units are designed to accommodate the majority of users age 14 and above; however, due to the nature of outdoor fitness equipment, units are "one size fits most". In order to honor our commitment to quality and safety, Greenfields Outdoor Fitness reserves the right to make changes and revise the design specifications without notice.