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Plate Loaded Shoulder Press



SKU: HOLYLAND-8111

Shoulder press machine products for sale. The Ntaifitenss Plate-Loaded Shoulder Press provides the design and attention to detail you would expect from Ntaifitness. The Ntaifitness Shoulder Press is a plate-loaded machine suited for use in any commercial gym.

Ntaifitness Plate-Loaded Shoulder Press has a converging press arm for an overhead pressing movement and iso-lateral pressing for equal strength development. Our Plate Loaded Overhead Press features a converging pattern that provides an exceptional range of motion with consistent torque at the joint.

The Ntaifitness Plate Loaded Shoulder Press has been engineered using premium-grade steel and ergonomically designed to provide the ideal movement.

Ideal for targeting the shoulders and arms, this shoulder press will help build your upper body muscle mass.

The Ntaifitness Plate Loaded Shoulder Press machine is one of the best lines for strength equipment.

The Ntaifitenss ROC IT Plate Loaded gym equipment offers has over 14 plate-loaded single stations focusing on specific muscle groups. This Plate Loaded Line is a top-performing line of commercial strength equipment.

Traditional machine-based exercises are not considered functional by virtue of their inability to mimic activities of daily life. The Ntaifitenss POC IT Plate Loaded Line using the machine becomes an integral part of the exercise. Additionally, the rocking movement constantly shifts the user's center of gravity to impose small, yet appropriate challenges to the core musculature, while maintaining adequate stability.

Product Features

- Starts the exercise handles positioned in front of the body, then rocks rearward positioning the handles overhead to mimic the natural movement of a dumbbell shoulder press
- Rocking movement aligns the user's arm with the midline of their torso to decrease external rotation of the arm and shoulder and reduce lower back arching
- Synchronized converging exercise motion replicates dumbbell presses
- Counter-balanced exercise arm
- Ratcheting seat adjustment
- Contoured press arm handles provide multiple grip positions