

# Shoulder Press FS-65

- Agarres de mano doble muy cómodos con configuración de tres posiciones que da cabida a un amplio abanico de usuarios y permiten variante de ejercicios.
- Asiento con 5 posiciones de ajuste para lograr una posición cómoda y adecuada



**PARAMOUNT**

**SHOULDER PRESS**

FS-65

1 Read all warning labels.

- If unit appears damaged or inoperable, do not try to use or fix.
- DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
- Choose light resistance when using machine for first time and train at controlled speed.

**STARTING** **ENDING**

PECTORALIS MAJOR (CHEST)  
DELTOIDS  
TRICEPS  
DELTOIDS

**SHOULDER PRESS**

- 1 Grasp either set of handles according to comfort. Your hands should be even with and slightly forward of your shoulders.
- 2 Adjust the seat height up or down to achieve this positioning.
- 3 Grasp handles again and extend your arms upward.
- 4 Return your arms to the beginning position and repeat.

PARAMOUNT FITNESS CORP. 8200 W. LOS ANGELES, CA 90048-1900

## Peso de Lingotera

De línea: 77 kg.

Opcional: 114 kg.



## DIMENSIONES

Profundidad: 120 cm

Ancho: 140 cm

Alto: 145 cm

