## **VIKING PRESS**





## **DESCRIPTION**

- Ground-based shoulder press machine.
- Independent arms/Unilateral movement.
- Angled handles for an ergonomic and comfortable grip.
- Comes standard with pegs for resistance bands.
- Adjustable feet allow the unit to be properly leveled on any surface.
- Standard weight storage horns eliminate the need for separate weight trees.
- Shown above with Premium two-tone paint upgrade.

## **SPECIFICATIONS**

<ul><li>Width</li></ul>	51" (130 cm)
<ul> <li>Height</li> </ul>	63" (160 cm)
<ul> <li>Length</li> </ul>	63" (158 cm)
<ul> <li>Weight</li> </ul>	275 lb (125 kg)
<ul> <li>Starting resistance</li> </ul>	15 lb (7 kg)