

SHOULDER PRESS

VST600-PL23



FOR LASTING DURABILITY & INCREDIBLE RESULTS

Help dedicated strength training enthusiasts strengthen their shoulders and arms with an independent converging movement that encourages a natural, effective path of motion. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.

- Independent converging motions encourage a natural and effective path of movement
- Molded polyurethane foam pads and contoured touchpoints
- Gas-assisted seat adjustment
- Built-in band pegs allow for resistance training
- Four weight storage horns



FRAME

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

TECH SPECS

Overall Dimensions	152.9 x 151.1 x 142.9 cm / 60.2 x 59.5 x 56.3"
Product Weight	143.4 kg / 316 lbs.
Max. User Weight	150 kg / 330 lbs.
Max. Training Weight	200 kg / 440 lbs.
Starting Resistance	12.3 kg / 27 lbs.

USER AMENITIES

Instructional Placards	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training
Weight-Storage Horns	4 weight-storage horns for max. 25-kg / 55-lb. plates