



Spirit ISO Shoulder Press

SKU: SPE-PL-3020

- ✓ Designed & manufactured in our UK factory
- ✓ Conforms with ISO/CEN equipment standards
- ✓ Commercial use structural lifetime warranty

The Spirit Plate Loaded ISO Shoulder Press has been expertly designed in collaboration with leading fitness professionals to deliver superior biomechanics, accurately targeting the shoulders with precision and control.

Engineered for versatility, the Spirit Shoulder Press features a spring-assisted adjustable seat with 9 positions and an adjustable backrest with 7 positions to ensure optimal positioning for every user. Ergonomic handles allow grip variation for comfortable alignment and multiple pressing angles to target the shoulders more effectively. Dual band pegs offer dynamic resistance options to support progressive training methods such as explosive power and assisted lifts. Independent arms promote balanced strength development and ensure a natural path of movement that mimics free-weight training with added control.

Manufactured in our UK factory using a combination of 80mm and 70mm box section, this shoulder press is built for stability and long-term durability in any highuse training environment.

Standard Colour Options



Features

Adjustable Seat

Spring-assisted adjustable seat with 9 positions for precise alignment and quick setup.

Adjustable Backrest

7-position backrest with premium linear bearings for ultra smooth adjustments.

Grip Variation

Ergonomic handles allow grip variation for comfortable alignment and multiple pressing angles.

Independent Arms

Independent arms allows each side of the body to work on its own.

Dynamic Resistance

Includes dual band pegs for dynamic resistance options.

High Impact Feet

High impact ABS plastic feet with concealed floor fixing points.

Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

Made in Britain

Designed and manufactured in Great Britain for superior build quality.

Specifications

SKU

SPE-PL-3020

Length

1337mm / 52.7"

Width

1743mm / 68.7"

Height

1535mm / 60.5"

Weight

165kg / 363.8lbs

Start Weight

Max Load

320kg / 705.5lbs

Storage

Allows 4 Storage Horns

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial

 MADE IN BRITAIN

SPIRIT

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