

# Spirit ISO Viking Press

SKU: SPE-PL-3026

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

The Spirit Plate Loaded ISO Viking Press is the ultimate overhead pressing machine for building strength in the shoulders, triceps, and upper chest, improving overall upper body power. Manufactured in our UK factory using a combination of heavy-duty 80mm and 70mm box section and reinforced with fully welded joint plates, it's built to withstand the most demanding training environments.

The Spirit Viking Press features spring-assisted adjustable arms with 6 positions allowing users to fine-tune their range of motion for comfort and performance. Independent arms allow each side of the body to work separately for balanced development, but the arms can also be locked together to perform traditional pressing movements with maximum stability. Multiple handles provide grip variation for maximum muscle engagement across different pressing angles. Dual band pegs are also available to support dynamic resistance and advanced training methods.



## Standard Colour Options



## Features

### Adjustable Arms

Spring-assisted adjustable arms with 6 start positions, allowing users to fine-tune their range of motion.

### Dynamic Resistance

Includes dual band pegs for dynamic resistance options.

### Exercise Placard

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

### Lockable Arms

Independent arms can be locked together to train unilaterally or bilaterally.

### Long-Term Durability

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

### Grip Variation

Equipped with multiple handles for different grip positions and pressing angles.

### High Impact Feet

High impact ABS plastic feet with concealed floor fixing points.

### Made in Britain

Designed and manufactured in Great Britain for superior build quality.

## Specifications

### SKU

SPE-PL-3026

### Length

1799mm / 70.9"

### Width

1533mm / 60.4"

### Height

1687mm / 66.5"

### Weight

150kg / 330.7lbs

### Start Weight

18kg / 39.7lbs

### 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