



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



Black 9005 Slate Grey M2009E Silver MW109D White 9016 Red 3002 Yellow 1021 Blue 5002 Green 6018

Features

Adjustable Arms

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

Lockable Arms

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

Grip Variation

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

Dynamic Resistance

Includes dual band pegs for dynamic resistance options.

Long-Term Durability

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

High Impact Feet

High impact ABS plastic feet with concealed floor fixing points.

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-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

 MADE IN BRITAIN

SPIRIT

SPIRITFITNESS.STORE