

# Resistance Shoulder Press

Product Code AMVFAF-RSP

£2,200

Price stated is for product only. <br>Contact us for a delivery & installation quote based on your location.

## Dimensions:

Length	3136 mm
Width	1187 mm
Height	2293 mm

## Key Stage:



## Play Values

This product supports the following areas of child development.



Strength



Hand-eye  
Co-ordination

## Description

Just like a shoulder press found in an indoor gym, our outdoor Resistance Shoulder Press allows the user to set the required difficulty level 1-11 before pushing in an upward motion to strengthen the shoulder and arm muscles. Suitable for all abilities, users new to fitness simply select the lowest intensity and perform a lower number of reps, while those who workout regularly can set themselves a much harder challenge using a higher level and/ or an increased number of reps.

### BENEFITS

- Has a variable resistance level 1-11
- Exercises the shoulders, arms and upper back
- Builds strength, tone and definition
- Low impact on joints
- Suitable from 11 years +

### SAFETY AND COMPLIANCE

Clearly labelled with safety-in-use guidance and with suggested workouts to help students get the greatest benefit.

Produced under ISO9001 for quality standards and management, and conforms to UK safety standards EN1176 / EN16630.

### WARRANTY

- 25 year guarantee on structural parts
- 5 year guarantee on paint and finishes
- 2 year guarantee on bearings and moving parts.
- Plastic parts and accessories are covered for 1 year.

