

# SHOULDER PRESS

## PLS-0200



Accessible to all levels of users in your facility, the Palladium Series Plate Loaded line combines modern styling and heavy-duty commercial construction with easy entry/exit designs and precision biomechanics. The Palladium Series Plate Loaded line provides the innovation, durability and aesthetic you've come to expect from TRUE.

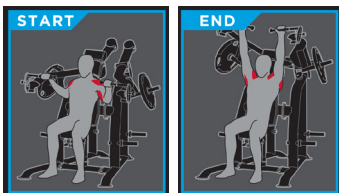
### FEATURES

- Unilateral arms converge above and in front of the user to maximize articulation of the shoulder and allow for a complete range of motion
- Unique 4-position adjustable handles allow user to set range of motion best suited to their individual needs
- 6-position seat uses gas cylinder assist for stable, friction-free adjustments

| ADJUSTMENT GUIDE |         |      |
|------------------|---------|------|
| HEIGHT           | METRIC  | SEAT |
| 5'               | 152cm   | 1    |
| 5' 4"            | 163cm   | 2    |
| 5' 7"            | 170cm   | 3    |
| 5' 10"           | 178cm   | 4    |
| 6' +             | 183cm + | 5-6  |

### USER AMENITIES

- (4) Weight Storage Posts
- Height Adjustment Guide
- Instruction Placard illustrates proper START and END positions



### SPECIFICATIONS

**DIMENSIONS (L x W x H)**  
72" x 60" x 57" / 183cm x 152cm x 144cm

**COLOR OPTIONS**  
Frame comes standard with matte black powder coat finish.  
Custom frame and upholstery options available.