

Shoulder / Chest Press

Model: ES-55A01YR

FEATURES

Shoulder / Chest Press Combo

The Shoulder / Chest Press Combo embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. Engineered to deliver a natural pressing path, this dual-function unit allows users to seamlessly transition between shoulder and chest exercises while maintaining proper biomechanics and control.

Built for full-commercial environments, this machine combines heavy-duty construction with user-focused adjustability to ensure comfort, safety, and long-term reliability. Whether for strength development, functional training, or rehabilitation, it delivers a consistent and effective training experience for users of all levels.

Key Features & Specifications:

Commercial-Grade Frame Construction:

Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing

Functional area: 4.72" × 1.97" × 0.12" flat oval tubing

Movement arms: 3.15" × 1.57" × 0.12" steel tubing

Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing

All structural components utilize high-quality Q235 steel

Smooth & Durable Performance:

Precision-engineered movement arms provide a fluid, natural pressing motion

High-strength 7×19 strand cable system rated for up to 3,080 lbs ensures long-term durability

Full Shroud Design:

Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance

Comfort-Driven Design:

High-resilience MC foam padding delivers long-lasting comfort and support

Upholstered with premium-grade PU leather for durability and easy maintenance

User-Focused Adjustability:

Intuitive adjustments accommodate a wide range of users, promoting proper positioning and alignment.



SPECIFICATIONS

Net Weight: 549lbs Gross Weight: 575lbs

Footprint (L × W × H): 64.5" × 53.5" × 63.8"

Weight Stack: 200lbs