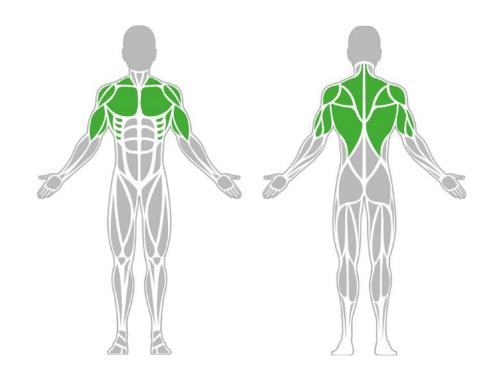
# 7'BESTRONG

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# **Muscle Groups Focus**





#### **Chest Press**

The device is suitable for strengthening the pectoral muscles, arms and shoulders. The chest machine is designed for complex training of the chest muscles through pressing and pushing exercises. It allows you to exercise the pectoral muscles in a gentle way. Without a detrimental load on the shoulders or elbows. An alternative form to the flat bench press. The grips on the device are ergonomically positioned at different heights and angles to ensure maximum performance and efficiency.

#### **Attributes**

Product code

Certificate Age group Capacity Max. weight load

Type

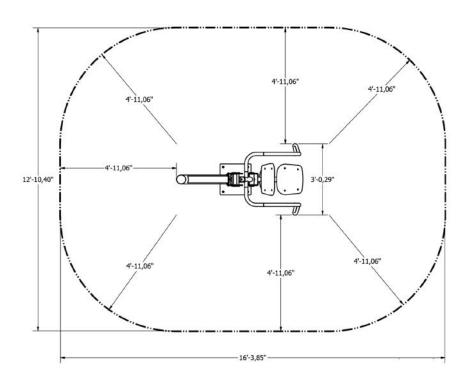
Difficulty level

1-1-313 EN 16630, ASTM F3101 14 + years 1 person 286.60 lbs Recreational Medium

#### **Side View**

# 6'-4,14"

### **Plan View**



#### Installation information

Number of installers (concrete) At least 2 people Total installation time (concrete) 60-120 min. Number of installers (equipment) At least 2 people Total installation time (equipment) 90-120 min. Excavation volume 33.9 ft<sup>3</sup> Concrete volume 33,9 ft<sup>3</sup> Size of the base structure 39.37 x 47.24 x 31.5 .. Surface mounted Anchoring options
In combined structures, the volume of concrete required varies.

## **Technical specification**

Safety surfice area Around 4.92 ft radius Net weight 233.69 lbs Material S235,KO33 Critic fall height 31.5" Color options

#### Warranty

Structure
Steel
Paint
Plastic
Rubber
Moving parts  Detailed information in the warranty document

25 years

15 years

2 years

5-10 years

1-3 years

2 years

# Material specification





The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.



The bumpers of the devices are made of durabrubber material.



At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.



The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.













