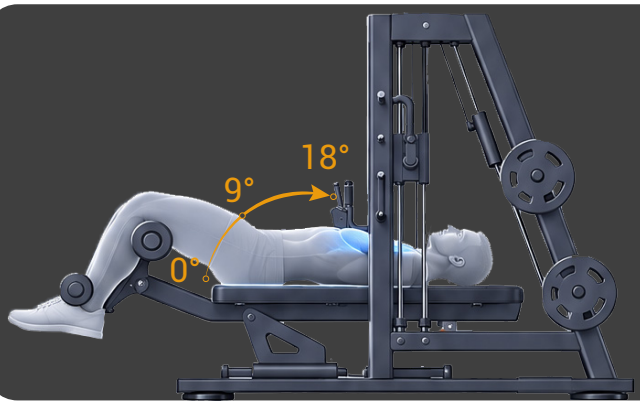
FLAT / DECLINE SMITH PRESS

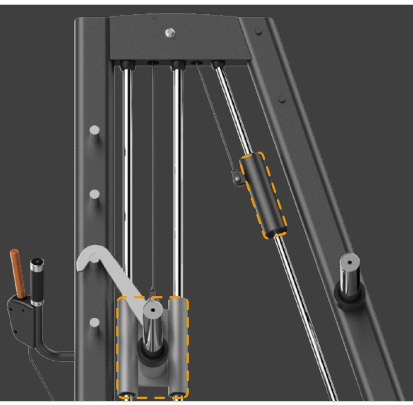


SH-G6929



DUAL-FUNCTION & SPACE OPTIMIZATION

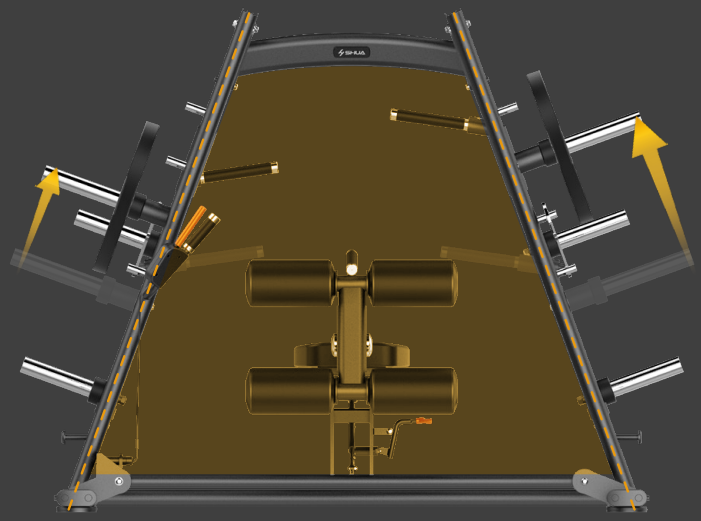
The headrest and backrest assembly offers three angle settings(0°, 9°, 18°) for flat and decline chest presses, plus 14 fore-aft adjustment positions to accommodate different users.



INNOVATIVE BALANCE DESIGN

The counterbalanced design provides a starting resistance of just 5 kg (11 lb) per arm, making the machine suitable for beginners and users who need a lighter starting resistance.

FLAT / DECLINE SMITH PRESS

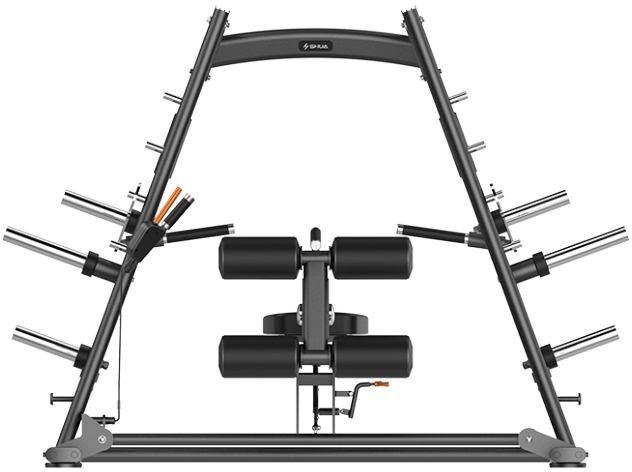


ENHANCED STABILITY & SAFETY

The inward-converging movement path delivers superior stability, improving training efficiency while lowering exercise risk.

INDEPENDENT DUAL-ARM DESIGN

Independent left and right motion arms support unilateral and alternating bilateral training, correcting strength imbalances, suiting varied training modes and boosting movement flexibility.





PRODUCT SPECIFICATIONS

DIMENSIONS	2200mm × 2175mm × 1450mm / 87 × 86 × 57 in
MAX USER WEIGHT	150kg / 331 lbs
MAX TRAINING WEIGHT	200kg / 441 lbs
MUSCLES	Pectoralis Major, Anterior Deltoids, Triceps
NET WEIGHT	250kg / 551 lbs
GROSS WEIGHT	300kg / 661 lbs
LOADING CAPACITY	40HQ: 20 units