

## POWER PUSH / CHEST PRESS (DOUBLE SIDED)

### SPECIFICATIONS :

#### Function:

- Enhance the muscles strength of upper limbs and the back.

#### Instruction:

- Sit on the sit plank, hold and push the handle, hold a moment and the return slowly to original position.
- Repeat the cycle.

#### Specifications:

- Main pipe Dia- 127 mm
- Thickness- 3 mm
- Base plate Dia- 200 mm
- Thickness- 10 mm
- Powder coating
- Size: 1830x735x2060 mm

