

INDIVIDUAL PRODUCT DETAILS

AE8001 Iso-Lateral Chest Press



1. Identity Card

Model	AE8001
English Name	Iso-Lateral Chest Press
Primary Muscle	Pectoralis Major
Secondary Muscles	Anterior Deltoid, Triceps
One-line Pitch	"Maximizing floor efficiency via mirrored layout, while achieving full-angle pectoral activation through multi-grip iso-lateral trajectories."

2. Product Overview

AE8001 is a selectorized strength machine specifically engineered for pectoralis major training. Defined by its precision-crafted aesthetics and sculpted, compact lines, it embodies the AE Series' commitment to both space efficiency and training intensity. Equipped with a multi-grip system, it supports various force paths—from wide to narrow grips and horizontal to vertical presses—precisely activating the upper, middle, and lower regions of the chest for comprehensive muscle dimension and definition. The iso-lateral motion design prevents compensation, ensuring balanced muscular development. The ergonomically angled backrest, combined with an easy-start foot pedal, guarantees a biomechanically sound range of motion while significantly reducing shoulder joint strain under heavy loads.

3. Key Features



Multi-Grip System

Offers wide, narrow, and multi-angle pressing paths, allowing users to fine-tune hand positions to fully activate different zones of the pectoralis major.



Iso-Lateral Motion Arms

Independent arm movement prevents dominant-side compensation, promoting symmetrical growth in both strength and muscle volume.



Gas-Assisted Stepless Adjustment

Features a gas-assisted system for precision seat height adjustments, allowing users of all sizes to instantly find a posture that perfectly aligns with the machine's trajectory.



Assisted Start Pedal

An intuitive foot-assist mechanism ensures a safe and biomechanically correct starting angle, significantly enhancing comfort and safety during heavy-load training.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1473×1372×1529mm 58"×54"×60"
Net Weight	166kg/366lbs
Weight Stack Options	105kg/231lbs
Maximum Weight Stack	130kg/287lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	2:1
Single-sided pulley ratio	1:1
Unilateral force ratio	1:2
Main Frame Tubing	J50×150×3.0mm
Arm Tubing	Φ60×3.0mm