

INDIVIDUAL PRODUCT DETAILS

AE8004 Iso-Lateral Shoulder Press



1. Identity Card

Model	AE8004
English Name	Iso-Lateral Shoulder Press
Primary Muscle	Anterior Deltoid
Secondary Muscles	Middle Deltoid, Triceps
One-line Pitch	"Maximizing facility space with a mirrored layout, while achieving precise shoulder activation via iso-lateral multi-grip technology."

2. Product Overview

The **AE8004** is a selectorized strength machine specifically engineered for deltoid training. Defined by its precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. The machine features a multi-grip system that supports both overhand and neutral grips, accommodating various shoulder mobility requirements and force paths from flexion to abduction for total anterior deltoid activation. The backrest is 5-position adjustable, providing stable support to ensure a biomechanically sound range of motion while adapting to different users' shoulder flexibility, reducing joint strain and enhancing safety. The gas-assisted stepless seat adjustment allows users of all heights to find the ideal training posture, ensuring perfect alignment between the user's motion path and the machine's trajectory.

3. Key Features



Dual-Angle Extended Grips

Supports various hand positions from overhand to neutral grips, enabling different shoulder force paths for comprehensive anterior deltoid activation.



5-Position Adjustable Backrest Length

Allows for flexible support angle adjustments based on shoulder mobility, providing a solid foundation and enhancing comfort during heavy lifts.



Iso-Lateral Motion Trajectory

Independent arm movement balances unilateral strength discrepancies, ensuring even load distribution and symmetrical muscle development.



Gas-Assisted Stepless Adjustment

Accommodates users of all heights with a smooth gas-assisted system for precision alignment with the machine's biomechanical path.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1700×1493×1529mm 67"×59"×60"
Net Weight	205kg/452lbs
Weight Stack Options	105kg/231lbs
Maximum Weight Stack	117.5kg/259lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	2:1
Single-sided pulley ratio	1:1
	1:2
Main Frame Tubing	J50×150×3.0mm
Arm Tubing	Φ60×3.0mm