

## 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"
Total Weight	287kg/633lbs
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