

INDIVIDUAL PRODUCT DETAILS

AE8029 Multi Press



1. Identity Card

Model AE8029

English Name Multi Press

Primary Muscle Pectoralis Major, Anterior Deltoid

Secondary Muscles Triceps

One-line Pitch

"Maximizing floor efficiency via mirrored layout, while covering all-angle chest and shoulder presses through a multi-position adjustment system."

2. Product Overview

The **AE8029** is a selectorized strength machine specifically engineered for chest and shoulder training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. It supports multi-angle pressing movements, precisely targeting the anterior deltoids, upper pectorals, and overall chest definition. The machine is equipped with multi-position handles covering wide to narrow grips and horizontal to vertical paths. The motion arm features a 6-position start adjustment, with a trajectory optimized to follow the natural movement of the shoulder joint for superior comfort and concentration. Both the backrest and seat offer 3-position adjustments, allowing for seamless transitions between incline press, flat press, and shoulder press, ensuring stable posture and precise force delivery.

3. Key Features



Multi-Functional Design

Covers multi-angle shoulder and chest training needs, supporting various press movements to maximize facility space efficiency.



6-Position Motion Arm Adjustment Length

Accommodates various heights and preferences, ensuring the motion path aligns with natural muscle force for efficient training.



3-Position Backrest & Seat Adjustment

Ensures precise synergy between movement and posture, enhancing stability and muscle activation through multiple angle combinations.



Multi-Grip Handle System

Offers various grip options, allowing users to shift focus points by adjusting hand positions to fully sculpt chest and shoulder muscles.

4. Main Parameters

Functional	Multi Function
Dimensions (L × W × H)	1350.5×1388×1557mm 53"×55"×61"
Total Weight	294kg/648lbs
Weight Stack Options	105kg/231lbs
Maximum Weight Stack	117.5kg/259lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50×150×3.0mm
Arm Tubing	Φ60×3.0mm