

## INDIVIDUAL PRODUCT DETAILS

### BR7001 Seated Chest Press



### 1. Identity Card

Model	BR7001
English Name	Seated Chest Press
Primary Muscle	Pectoralis Major
Secondary Muscles	Anterior Deltoid, Triceps
One-line Pitch	“Delivering pure chest engagement for advanced lifters through an isolateral competitive trajectory and multi-dimensional precision adjustment system.”

## 2. Product Overview

The BR7001 is a premium plate-loaded strength machine specifically engineered for pectoralis major training, featuring a rugged exterior and robust structure ideal for professional strength gyms, athletic performance centers, and advanced strength zones within commercial fitness clubs. The motion arm trajectory is scientifically designed to align with the chest muscle fiber orientation and the natural movement of the shoulder joint, ensuring a stable, fluid pressing motion and effective target muscle activation. Its isolateral motion arm design prevents compensation and promotes balanced strength development. A 9-position adjustable backrest, a 4-position linkage-based start adjustment, and a gas-assisted stepless seat adjustment allow users of all body types to achieve an ideal force-delivery posture, perfectly matching the movement path to their physical structure for maximum efficiency and safety. The integrated anti-slip footplate enhances stability and prevents machine displacement, ensuring optimal results and user safety.

### 3. Key Features



#### Iso-lateral Motion Arm Structure

Prevents compensation during training and promotes balanced development of bilateral muscle strength and volume.



#### Multi-Dimensional Adjustment System

Ensures extremely precise force-delivery posture via a 9-position backrest, a 4-position linkage start adjustment, and gas-assisted seat height.



#### Integrated Anti-slip Footplate

Ensures a tighter integration between user and machine, significantly enhancing stability and safety during high-intensity sessions.



#### Competitive-Grade Force Feedback

Optimized pivot points and a hardcore structural logic ensure direct and pure force feedback, capable of handling extreme weight challenges.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1890mm×1870mm×1530mm 74.4"×74"×60"
Net Weight	190kg/419lbs
Starting weight without load	One side 10kg /22lbs
Max Load Capacity	One side 150kg/331lbs
Training handle material	stainless steel、knurling
Bearing type	boom rotates: spherical bearing
Linkage mechanism	YES
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	RJ50×70×3.0mm