

## INDIVIDUAL PRODUCT DETAILS

### BR7003 Seated Shoulder Press



### 1. Identity Card

Model	BR7003
English Name	Seated Shoulder Press
Primary Muscle	Anterior Deltoid
Secondary Muscles	Lateral Deltoid), Triceps, Upper Trapezius

#### One-line Pitch

“Delivering exceptionally smooth and penetrating force feedback for shoulder pressing through a physiological converging trajectory and a 3D precision adjustment system.”

## 2. Product Overview

The **BR7003** is a premium plate-loaded machine engineered for anterior deltoid development, featuring a robust exterior and solid structure ideal for professional strength facilities, athletic performance centers, and advanced strength zones within commercial fitness clubs. Its motion arm trajectory is scientifically designed to align with the muscle fiber orientation of the front delts and the natural movement of the shoulder joint, ensuring a stable and fluid pressing motion for deep muscle activation. The machine features large-diameter knurled metal grips with dual-angle options, paired with a 4-position start height adjustment to accommodate various levels of shoulder mobility and enhance control. Furthermore, the 5-position adjustable backrest and gas-assisted stepless seat adjustment allow users of all sizes to quickly secure an ideal training posture, ensuring the movement path perfectly aligns with the body's biomechanical structure for efficient and safe shoulder pressing.

### 3. Key Features



#### Biomechanical Load Curve Optimization

Utilizes a sophisticated linkage system to ensure the resistance profile perfectly matches human torque variations, providing consistent and maximal muscle tension throughout the range of motion.



#### 3D Precision Adjustment System

The 3D adjustment of start height, backrest angle, and gas-assisted seat ensures the force path naturally aligns with the user's physique and biomechanical needs.



#### Dual-Angle Knurled Grips

Large-diameter knurled metal grips optimize tactile feedback and slip resistance, while the dual-angle design reduces wrist strain and offers versatile pressing perspectives.



#### Competitive-Grade Structural Reliability

High-strength framework and precision pivot engineering ensure the equipment maintains a rock-solid movement trajectory under extreme loads and high-frequency usage.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1418mm×1600mm×1462mm 56"×63"×58"
Net Weight	141kg/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	RJ 50×70×3.0mm