

COMBINATION OVERHEAD PRESS & LATERAL PULLDOWN



- The upward overhead press motion develops strength in the upper body and core, targeting the large shoulder and chest muscles
- The downward lateral pull-down motion targets the large upper back muscles. The pull-down movement can be performed to the front of the chest, or above the shoulders, to isolate the supporting muscle groups. The hand position can be varied enabling the user to target different muscles within the main group.
- The dual resistance movement creates a fantastic compound exercise that enables the exercise enthusiast or beginner to 'super set'



- ✓ STRENGTH
- X CARDIOVASCULAR
- X AGILITY
- X FLEXIBILITY



The adjustment dial allows the user to select the level of resistance

This combination unit allows users to experience resistance movement during the upward and downward motions, meaning you get two exercises built into one machine. This means great value for purchasers and great exercise intensity for park users.





SHOULDER GRINDER



- Predominantly works the upper body and cardiovascular system, however has full body benefits
- Grinders are a reflection of brawn and strength, commonly recognised as one of the most physically demanding activities



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This exercise is designed to also be used by wheelchair users.

