

SUPER SHRUG MACHINE /

1FW010



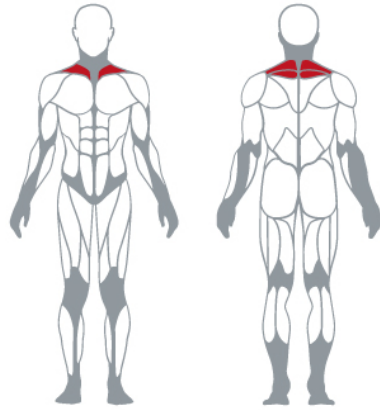
The Super Shrug Machine is designed to training the upper portion of trapezius and levator scapulae muscle.

- 5-position handle starting height adjustment
- independent levers for bilateral or mono-lateral exercise
- physiological load curve with levers system
- standard rotating handgrips for a more natural grip
- spring counterbalance to reduce the empty weight of the exercise levers

Optional

- super grip footrest
- 6 additional weight holders
- bicolored frame

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	180 cm
Height	165 cm
Weight	- Kg
Max. Weight	310 Kg
Starting Load	10 + 10 Kg
Spike's Diameter	25 / 50 mm

TRAINING



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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.