

# Converging Shoulder Press

## VS-S23



- Independent converging movement provides a natural path of motion
- Counterbalanced pressing arms for optimized starting resistance
- Dual-position hand grips allow for greater training variety
- Incremental weight

### ADJUSTMENTS

User adjustment range	2 User grip positions
Color coded pivots & points of adjustment	Yes

### FRAME & CABLES

Machine anchoring	Machine anchoring locations
Cable transmission	Internally lubricated cables & fittings
Frame finish	Proprietary two-coat powder process
Frame color	Iced Silver

### TECH SPECS

Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Overall dimensions	171.0 x 143.7 x 203.6 cm / 67.3" x 56.6" x 80.1"
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

### USER AMENITIES

Placard color coding	Yellow (upper body)
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Rear placards	Color-coded machine identification & machine specific stretching
Contoured seat	Yes
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
Personal storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
Foot Support Kit	Foot support kit accommodates users of all sizes for additional lower body support

### WEIGHT STACK

Consistent stack height	Yes
Incremental weight system	5 lbs (2.3 kg)
Weight plate increments	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)
Total stack weight	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)

