

Specifications for 1Rm Testing Equipment:-

- Multigym station incorporated primarily with Leg & bench press and other equipment that will revolutionize and target muscle groups for total body conditioning and endurance.
- Reliable and eligible for 1 RM testing of upper and lower extremities.
- Multiple applications, performing chest press, shoulder press, leg press, rowing, leg extensions, etc.
- Inbuilt multiple Leg exercises with Leg Press system
- Adjustable Foam handle for Chest Press & Shoulders
- Auto adjustable weight stacks supported with durable pulley system
- Sealed ball bearings for precision and friction-free movement
- Adjustable seat & back Support with positioned press plates
- The equipment shall comprise of various handle attachments, handle accessories, 4 Point Adjustable Pro Grip and supporting bars easily assembled by nuts & bolts.
- Warranty atleast 3 years