

Go Series Seated Triceps Press

GO-S42

Now those new to strength training can improve their underarm with a press that's easy-to-use. Oversized, neutral grips offer a comfortable hold while reducing stress on shoulder joints, a seated press motion follows a natural path to aid sit-to-stand progressions, and compact design stretches your space and budget further.

- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Seated pressing motion engages the whole upper body, is more effective and reduces stress on elbows.
- Long oversized grips allow the machine to be used without requiring an adjustment.



ADJUSTMENTS

COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	N/A

FRAME & CABLES

AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
FRAME FINISH	Proprietary two-coat powder process
MACHINE ANCHORING LOCATIONS	Yes
CABLE TRANSMISSION	Internally lubricated cables and fittings

TECH SPECS

MAX USER WEIGHT	159 kg / 350 lbs.
PRODUCT WEIGHT	163 kg / 359.5 lbs.
OVERALL DIMENSIONS (L X W X H)	123.5 x 101.5 x 137 cm / 48.6" x 39.9" x 54"
MAX "IN-USE" DIMENSIONS (L X W X H)	130.5 x 101.5 x 137 cm / 51.4" x 39.9" x 54"

USER AMENITIES

PLACARD COLOR CODING	Yellow (upper body)
PERSONAL STORAGE	Bottle holder and storage area
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations

WEIGHT STACK

OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
WEIGHT STACK GUARDING	Full front and rear metal shrouds
TOTAL STACK WEIGHT	72 kg / 160 lbs.
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.