

Go Series Shoulder Press

GO-S23

Appeal to those new to strength training with a space-saving shoulder press that's easy-to-use. Oversized neutral grips let users get started with no adjustments needed while reducing stress on shoulder joints. Ideal for facilities where space and budgets are limited, it will easily fit your training area or circuit program.

- 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.
- Neutral hand positions put less stress on the shoulder joint and increase user comfort.
- Long oversized grips allow the machine to be used without requiring an adjustment.



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

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

TECH SPECS	
MAX USER WEIGHT	159 kg / 350 lbs.
PRODUCT WEIGHT	160 kg / 353 lbs.
MAX "IN-USE" DIMENSIONS (L X W X H)	148 x 110.5 x 176 cm / 58.4" x 43.5" x 69.3"
OVERALL DIMENSIONS (L X W X H)	148 x 110.5 x 140 cm / 58.4" x 43.5" x 55.2"

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

WEIGHT STACK	
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
TOTAL STACK WEIGHT	45 kg / 100 lbs.
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
WEIGHT STACK GUARDING	Full front and rear metal shrouds