

Ultra Converging Shoulder Press

G7-S23-AS2007

The Ultra Converging Shoulder Press provides a powerfully comfortable solution for building and toning deltoids. Independent converging movements provide a natural path of motion. Dual-position hand grips allow for greater training variety, and counterbalanced pressing arms provide reduced starting resistance. It even includes a reclined seat position to encourage better posture and provide back support.

Also available in [Ultra Base option G7-S23B](#).



- Independent converging arm movements provide a natural path of motion and increased exercise variety
- Dual-position hand grips allow for greater training variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Counterbalanced pressing arm provides optimal starting resistance
- Reclining seat position allows for better posture and back support
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only

ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack
POWER REQUIREMENTS	100v-240v / 50-60 Hz AC
SHIPPING WEIGHT	9.4 kg / 21 lbs.
ADJUSTMENTS	
MACHINE ASSISTED USER ADJUSTMENTS	Spring assisted seat
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	7 position seat

FRAME & CABLES	
INTEGRATED LEVELING SYSTEM	Yes, top-down leveler
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Independent machine hold down brackets
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
PRODUCT WEIGHT	359 kg / 792 lbs
OVERALL "IN-USE" DIMENSIONS (L X W X H)	168 x 146.5 x 174 cm / 66.1" x 57.6" x 68.4"
OVERALL "STATIC" DIMENSIONS (L X W X H)	168 x 146.5 x 135 cm / 66.1" x 57.6" x 53"

USER AMENITIES	
CONTOURED SEAT	Yes
REP COUNTER	Electronic counter displays reps, exercise time and rest time
PLACARD COLOR CODING	Yellow (upper body)
PERSONAL STORAGE	Two tactile storage mats, personal device cradle and towel hook
ACTION SPECIFIC GRIPS	Exercise specific grips improving feel, function and form during use
FRONT PLACARDS	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
REAR PLACARDS	Color-coded machine identification, exercise specific stretching

WEIGHT STACK	
CONSISTENT 53" STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
MAX TRAINING WEIGHT	93.4 kg / 207.5 lbs
INCREMENTAL WEIGHT SYSTEM	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs
TOTAL STACK WEIGHT	90 kg / 200 lbs