

**PRODUCT NAME**  
**Shoulder Press (7.63)**

**PRODUCT CODE**  
**MB 7.63**



Outdoor trainer with patented variable loading weight system is developed for physical exercises focused on power and physical endurance training. The fitness equipment can be used in any weather and climatic conditions and can be expeditiously placed on any surface. Additional preparation, construction and engineering work, assembly and dismantling is not needed while equipment deployment.

The equipment is designed to develop middle portions of the deltoid muscles, as well as the upper parts of the trapezius muscles and triceps.

## SEGMENTS

### Basic information

**Brand** MB Barbell  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** 2.5m x 2.5m x 0m  
**Critical fall height (HIC in m)** 0.00m  
**Color scale** RAL Palette  
**Stand count** 1  
**Surface**  
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
<b>Dips</b>	51mm	4,5mm
<b>Bars</b>	33,7mm	3,5 - 4,5mm
<b>Pillar (square plan)</b>	100mm	4,0mm

### Recommended flooring

**Optimal dimensions** 2m x 3m  
**Floor surface** Concrete slab + EPDM or concrete feet + loose material

Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

### Delivery and installation

**Lead time** 5 - 8 weeks  
**Standards** EN16:630