



## Shoulder Press

Keystone | VST700-PL23

Help dedicated strength training enthusiasts strengthen their shoulders and arms with a Shoulder Press station featuring an independent converging movement that encourages a natural, effective path of motion. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.



Product availability may vary by region.  
Please contact your **local office** for more information.

### Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

### Tech Specs

Max User Weight	150 kg / 330 lbs.
Overall Dimensions	152.9 x 151.1 x 142.9 cm / 60.2" x 59.5" x 56.3"
Product Weight	143.4 kg / 316 lbs.
Max Training Weight	200 kg / 440 lbs.

Tech Specs	
Starting Resistance	12.3 kg / 27 lbs.
User Amenities	
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training
Weight-storage Horns	4 weight-storage horns for max 25-kg / 55-lb. plates