053 Fixed Shoulder Press



Benefits

Builds Upper Body Strength
Strengthens the shoulders, chest, and arms.

Improves Shoulder Stability
Supports controlled movement and shoulder strength.

Promotes Muscle Growth
Helps develop upper-body muscle mass and strength.

Supports Controlled Training
Machine-guided movement provides stability during exercise.

Uses

Targets Shoulder Muscles
Primarily strengthens the deltoids through controlled pressing movements.

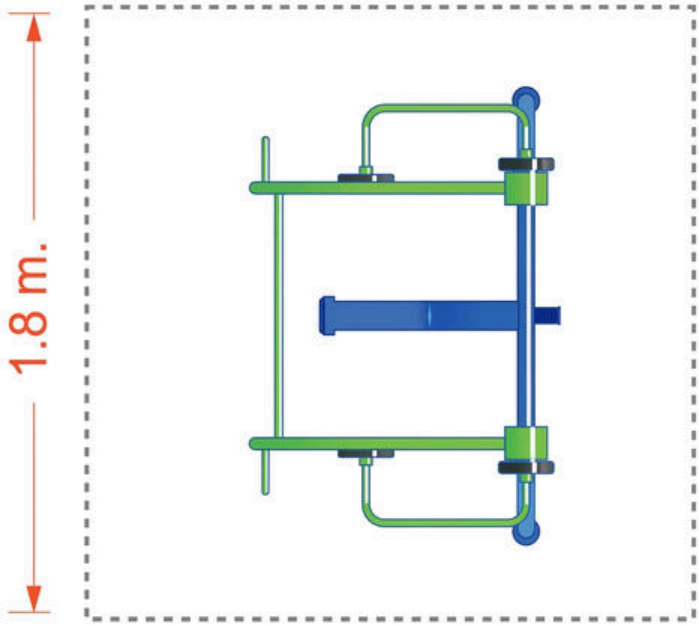
Strengthens Upper Body
Works the triceps and upper chest along with the shoulders.

Improves Muscle Strength
Supports progressive upper-body strength development.

Provides Controlled Training
Offers a stable and guided environment for safe, focused exercise.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
1.5 × 1.2 × 1.5 m	1.8 × 1.8 × 1.8 m	12 years+	1 user

Approved rate schedule
(All inclusive)

₹ 1,24,750/-

Get a quotation
mahaplaygrounds.com/053