055 Seated Chest Press



Benefits

Builds Upper Body Strength
Develops overall strength through pushing movements.

Strengthens Chest & Shoulders
Targets the chest and shoulder muscles effectively.

Strengthens Triceps
Builds stronger triceps for improved pushing power.

Improves Functional Strength
Supports everyday activities and enhances sports performance.

Uses

Strengthens Chest Muscles
Uses bodyweight resistance to develop chest strength.

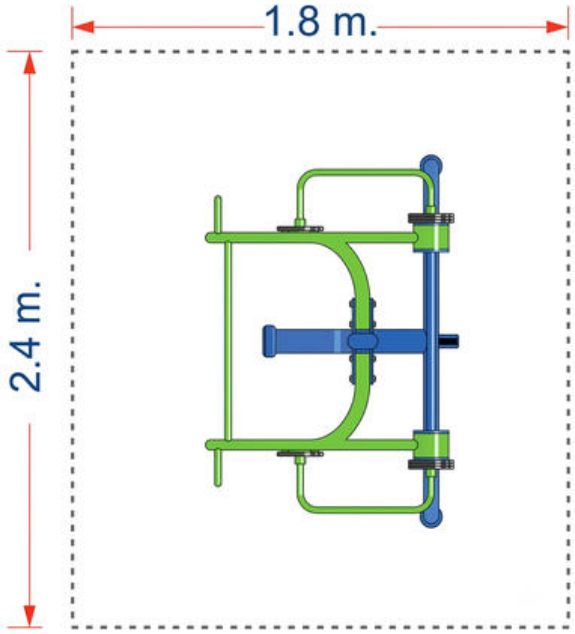
Builds Upper Body Strength
Engages the chest, shoulders, and triceps during the push.

Improves Pushing Strength
Enhances strength for everyday movements and activities.

Compound Exercise
Works multiple upper-body muscle groups in one movement.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
1.2 × 1.8 × 1.5 m	2.4 × 1.8 × 1.8 m	12 years+	1 user

Approved rate schedule
(All inclusive)

₹ 1,64,670/-

Get a quotation
mahaplaygrounds.com/055