

Go Series Seated Triceps Press

GO-S4Z

Now those new to strength training can improve their underarm with a press that's easy-to-use. Oversized, neutral grips offer a comfortable hold while reducing stress on shoulder joints, a seated press motion follows a natural path to aid sit-to-stand progressions, and compact design stretches your space and budget further.

- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Seated pressing motion engages the whole upper body, is more effective and reduces stress on elbows.
- Long oversized grips allow the machine to be used without requiring an adjustment.



ADJUSTMENTS	
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	N/A

FRAME & CABLES	
CABLE TRANSMISSION	Internally lubricated cables and fittings
MACHINE ANCHORING LOCATIONS	Yes
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White

TECH SPECS	
OVERALL DIMENSIONS	123.5 x 101.5 x 137 cm / 48.6" x 39.9" x 54"
PRODUCT WEIGHT	163 kg / 359.5 lbs.
MAX USER WEIGHT	159 kg / 350 lbs.
MAX "IN-USE" DIMENSIONS	130.5 x 101.5 x 137 cm / 51.4" x 39.9" x 54"

USER AMENITIES	
PERSONAL STORAGE	Bottle holder and storage area
PLACARD COLOR CODING	Yellow (upper body)
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations

WEIGHT STACK	
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
TOTAL STACK WEIGHT	72 kg / 160 lbs.
WEIGHT STACK GUARDING	Full front and rear metal shrouds