

Go Series Shoulder Press

GO-S23

Appeal to those new to strength training with a space-saving shoulder press that's easy-to-use. Oversized neutral grips let users get started with no adjustments needed while reducing stress on shoulder joints. Ideal for facilities where space and budgets are limited, it will easily fit your training area or circuit program.

- 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.
- Neutral hand positions put less stress on the shoulder joint and increase user comfort.
- 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	
PRODUCT WEIGHT	160 kg / 353 lbs.
MAX USER WEIGHT	159 kg / 350 lbs.
OVERALL DIMENSIONS	148 x 110.5 x 140 cm / 58.4" x 43.5" x 55.2"
MAX "IN-USE" DIMENSIONS	148 x 110.5 x 176 cm / 58.4" x 43.5" x 69.3"

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

WEIGHT STACK	
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
TOTAL STACK WEIGHT	45 kg / 100 lbs.
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT STACK GUARDING	Full front and rear metal shrouds