CSI-CPSP CHEST PRESS / SHOULDER PRESS

iSTRENGTH



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-CPSP Chest Press/Shoulder Press. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure. Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 15 to 123 kg supports effective training for users of all abilities.

Engineered for efficient upper-body strength training, this dual-function machine delivers targeted chest and shoulder activation. The intuitive work-arm adjustment makes it easy to transition between overhead press and multiple chest press movements.

The padded, adjustable seat and back pad is comfortable, durable and easy to clean. Plus, the heavy-gauge steel frame with commercial-grade components are built to last and deliver the results you want.

FEATURES

- Electronically adaptive resistance and intelligent software deliver a next-generation strength training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety & drive faster results
- Seat and back pad adjust for proper pressing positions
- Multiple sets of grips for proper chest and shoulder movements
- Intuitive touchscreen console allows effortless adjustments & real-time performance feedback

SPIRIT®

SPECIFICATIONS

Performance	• Minimum Resistance: 15 kg • Maximum Resistance: 123 kg • Electronically Adaptive Resistance System • Power: 230V, 13A Type G 3-Pin Plug
Console	• Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic • Over the Air Software Updates
Convenience	• Adjustable Seat Height • Multiple Grip Options • Storate Trays (Top of Weight Resistance Module)
Frame	• Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 159 kg (350 lb)

Dimensions and Weight	• Setup Dimensions: 204.2 cm L x 148.1 cm W x 163.3 cm H
	• Shipping Dimensions - Shipping Weight:
	  • Carton A: 76.5 x 73.7 x 48.5 cm - 51.0 kg
	  • Carton B: 150.6 x 99.6 x 39.9 cm - 107.0 kg
	  • Carton C: 154.9 x 77.2 x 39.9 cm - 73.0 kg