PENDULUM™ VERTICAL CHEST PRESS

EQUIPMENT SPECIFICATIONS

SYSTEM
Pendulum

EQUIPMENT
VERTICAL CHEST PRESS

PART NUMBER
410602

URL
RogersAthletic.com/VerticalChestPress

PATENTS
D628663 & D631520

WEIGHT
425lbs 192.8kg

HEIGHT
55” 139.7cm

LENGTH
56” 142.2cm

WIDTH
76” 193.04cm

FEATURES & BENEFITS

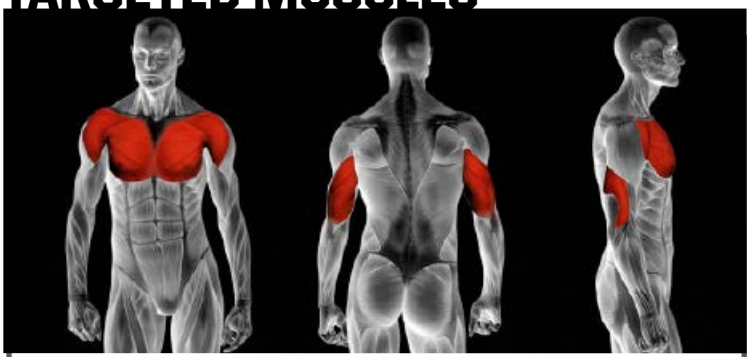
PENDULUM™ VERTICAL CHEST PRESS

(A) ADJUSTABLE SEAT DESIGN
Adjustable for all athletes, our seat design allows the athlete to adjust the exercise and change the amount of shoulder involvement for training variations.

(B) S.E.T. (SET EXTENSION TECHNOLOGY)
Allows you to go to failure quickly and safely in a variety of positions.

(C) ERGONOMIC HANDLES
Provide maximum elbow relief.

TARGETED MUSCLES



- Pectoralis Major
- Anterior Deltoid
- Tricep Brachii Medial and Long Head

CONSTRUCTION, HARDWARE & FINISH

- Constructed of ASTM specified steel
- Weight Horn Construction: Steel insert Urethane over-mold
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

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WHAT MAKES THE VERTICAL CHEST PRESS UNIQUE?

The Pendulum Vertical Chest Press was created to maximize the stimulation to the Pectoral muscles.

We achieve this by creating a very unique strength curve that maintains tension on the chest, while simultaneously placing the body and its appendages in the perfect pressing position.

The handles move independently, so balanced strength gains are achieved and weaknesses can quickly be corrected.

EXERCISE FUNCTION

Sit down on the seat with your back pressed firmly against the seat back. Grasp handles, thumbs should be mid line of pec or lower. The lower the hand is in relationship to the pec, the less shoulder involvement you will experience. This of course is adjusted by raising or lowering the seat. Begin exercise by tightening the chest while you smoothly push the handles away from you, pause for a second at full extension then slowly lower the weight back to the start position.

A rep cadence of 2-3 seconds out and 2-3 seconds down is preferable. A slight pause should occur between each rep. The depth of the rep can be controlled with the use of the S.E.T. range limiters on each side of the frame. Avoid letting the elbows fly upward at the point at which you are close to failure. When perfect form can no longer be maintained, the set is concluded.

FREQUENTLY ASKED QUESTIONS

How does my seat setting affect the training?

On the Pendulum Chest Press changing the height of the seat will change the starting position of the hands. If you lower the seat your hand position will rise, this will increase the amount of tension in the anterior shoulder and clavicular region.

By raising the seat the Pendulum Chest Press becomes a decline and in turn gives you shoulder relief yet remains a wonderful upper body movement with a great strength curve.

Can I attach stretch bands to the Chest Press?

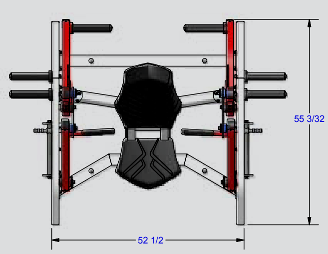
Many coaches have adapted the Chest Press to suit their unique training protocols, including band training. The user must understand that this was not created to train as a band machine, so our safety devices may not cover the dangers associated with band training. We recommend that you do not use bands on this equipment.

For more FAQs, or to ask questions directly, visit **www.RogersAthletic.com**

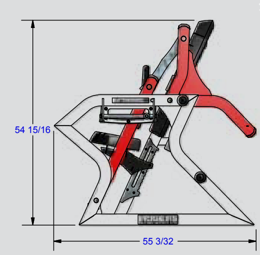
BLUEPRINT FOR VICTORY

From our revolutionary training equipment to our weight room design specialists, Rogers understands that champions are made long before the games begin. Rogers Athletic is committed to manufacturing strength training equipment that promotes proper technique and is designed with safety in mind. In addition to strength training equipment, we offer a full range of free weights, flooring, cardio machines and weight accessories to complete your weight room. Let Rogers create a blueprint for your victory. Get Strong!

TOP VIEW



SIDE VIEW



GET STRONG at RogersAthletic.com

Visit us at **www.RogersAthletic.com** for news, product features, in-depth information and video. Read our in depth Strength Blog and get the latest in strength training advice from expert strength coaches and trainers. See our gallery of installations from some of the top training facilities in high school, collegiate, and professional athletics. View new products as Rogers continues to innovate with coaches to bring the very best, the safest and most technically advanced training tools to your training. Get Strong!

ABOUT ROGERS

Since 1968, football coaches have trained youth, high school, college and professional champions by making Rogers Athletic football training sleds and dummies an important part of their practices. Drills on Rogers' equipment help coaches teach fundamentals, while protecting their athletes by limiting the amount of live contact. Rogers' innovative products give your players the confidence to practice with game-day aggressiveness.

Rogers understands that champions are made long before the games begin. Winning a championship on the field starts before the cleats hit the turf. It starts in the weight room.

When Rogers made the decision to enter the strength training market, our principles of innovation, quality, and skill development were our top priority. From our heavy-duty Pendulum power racks to our complete line of Pendulum plate loaded machines, you can train the entire body from building explosive leg strength, a strong core, an iron grip and neck training to help prevent injury and lower concussive forces in your athletes. You can see the difference. You can feel the difference. No wonder that most serious athletes, from professional football players to America's elite military forces train with Pendulum. Quality, Innovation and value from the trusted leader – Rogers Athletic.

Brute Rack System, Monster Arms, Monster Incline Arms, Monster Horizontal Arms, Monster Decline Arms, Jam Pad, Lock-n-Load Hook, Docking Synchro Bench, Pendulum, Rogers Athletic Company, the Rogers Athletic Company logo are trademarks of Rogers Athletic Company. *Various patents pending.

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