

## Shoulder press bench plan



In this project, you are presented with plan, according to which you can make a Shoulder press bench.

The construction of the machine is made of metal and all parts are interconnected by welding. In order to build a shoulder press according to this plan, you must have basic experience in metalworking and welding. The seat is made of wood and we recommend that it is padded.

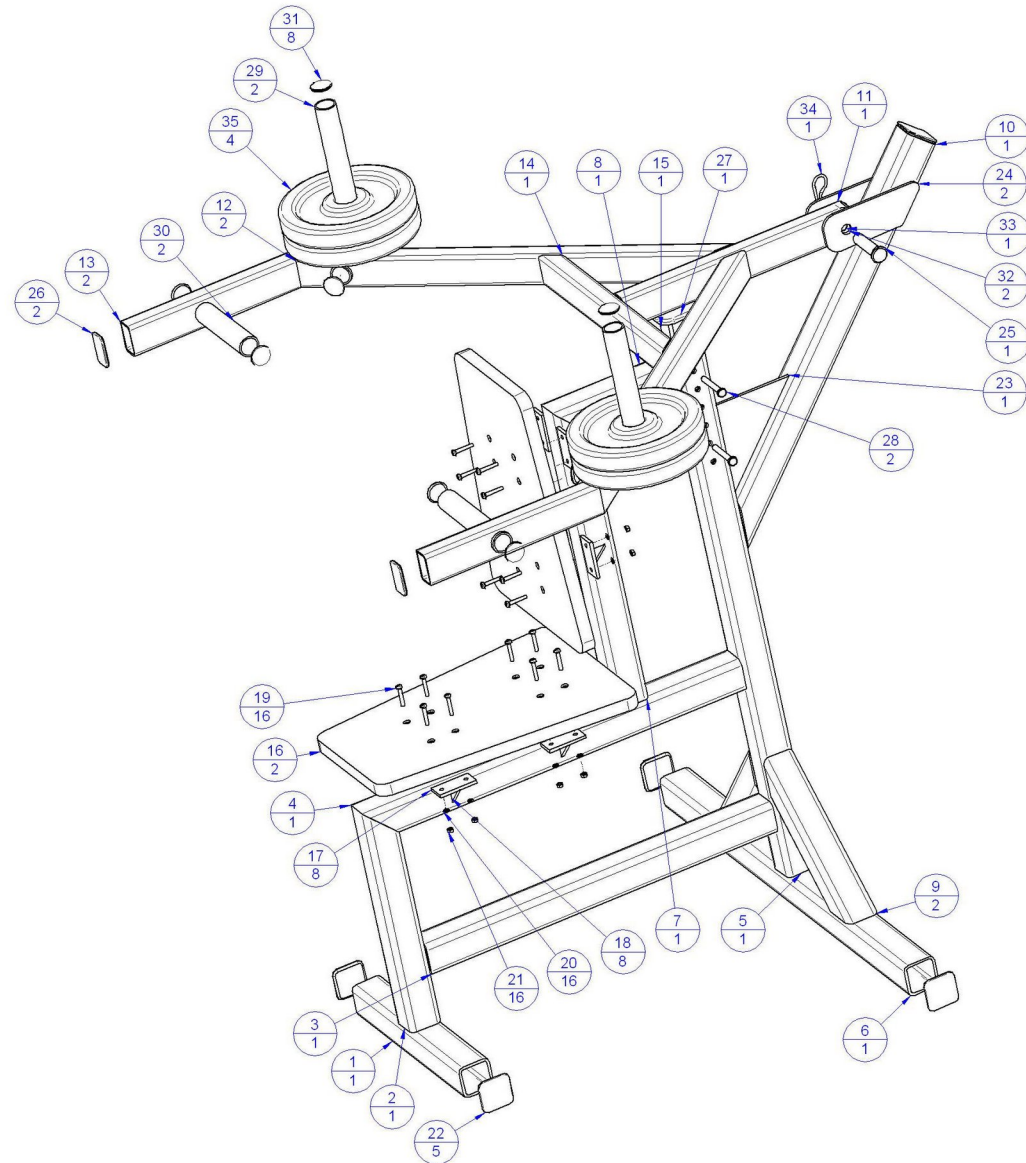
The muscles most affected by exercise on the shoulder press are: deltoids, trapezium, triceps, rotator cuff muscles and plethora of other muscles. As you can see, the shoulder press provides a useful weight training exercise affecting your upper body muscle groups.

Just to mention one more thing: the exercise affects the upper body only, and this is a disadvantage. Before embarking on the project for the shoulder press machine, give it more thought than you usually do, because exercises with barbells or dumbbells in the sitting position develop the same muscles as the shoulder press and, in addition, are a much cheaper way of exercising.

#### Guide

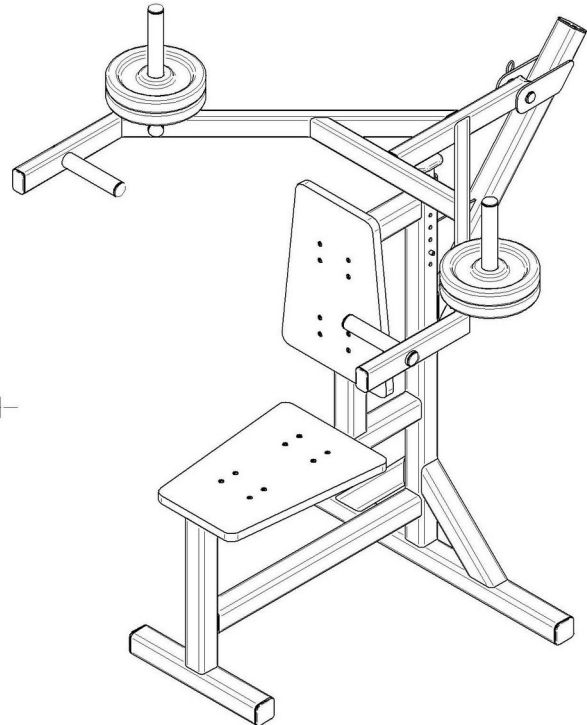
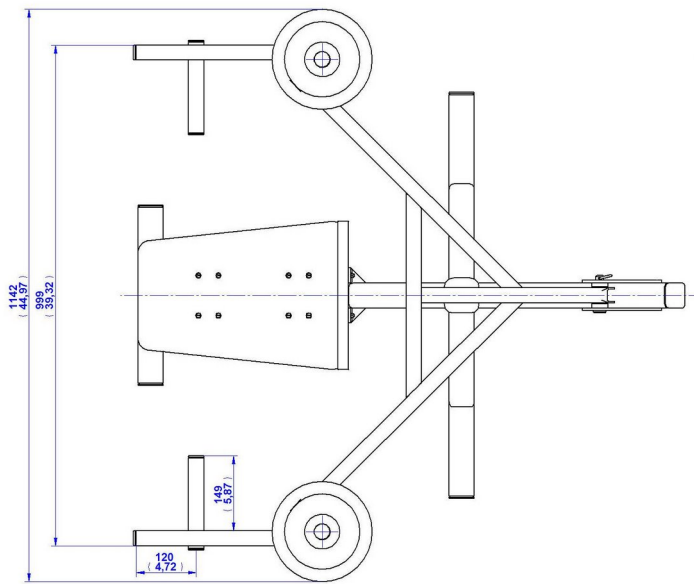
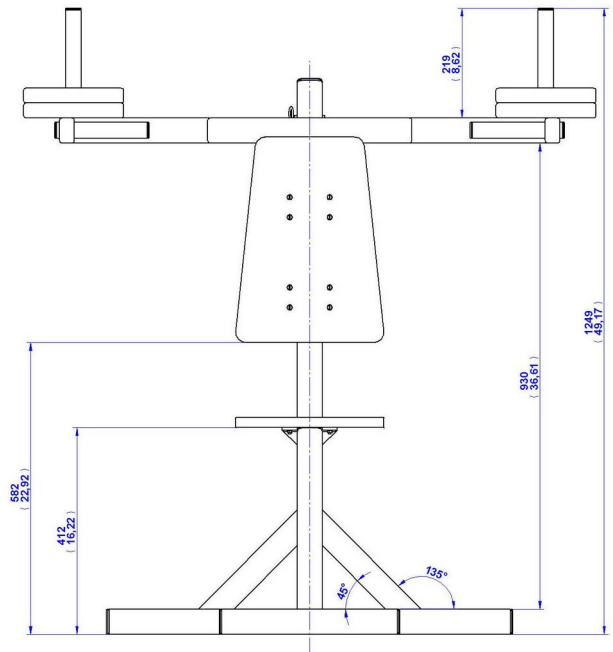
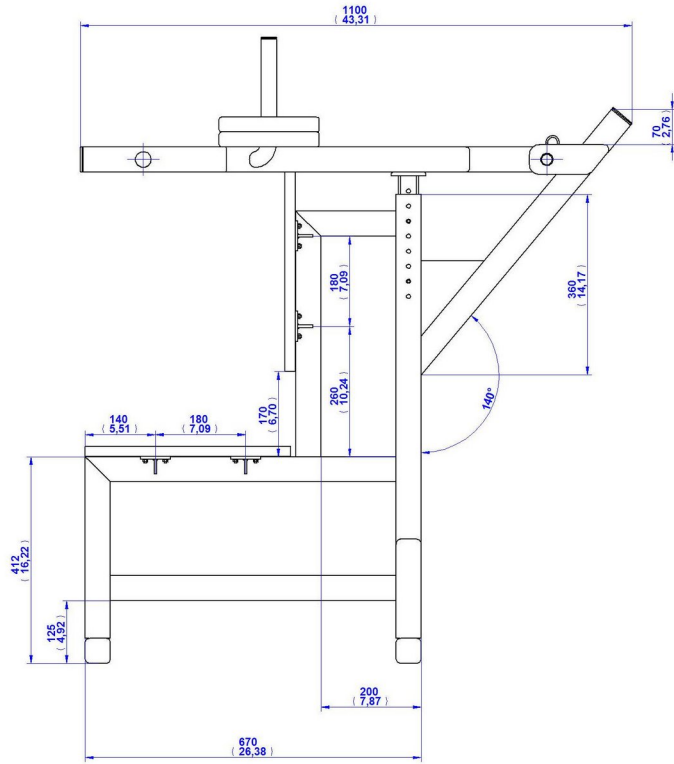
1. Select the weight (barbell plates).
2. Sit down on the Shoulder press bench
3. Grab the handles to your sides as you keep the elbows bent and in line with your torso.
4. Now lift the handles and you extend the arms fully. At the top of the position, hold the contraction for a second.
5. Lower the handles slowly back as you inhale.
6. Repeat the exercise a number of times.

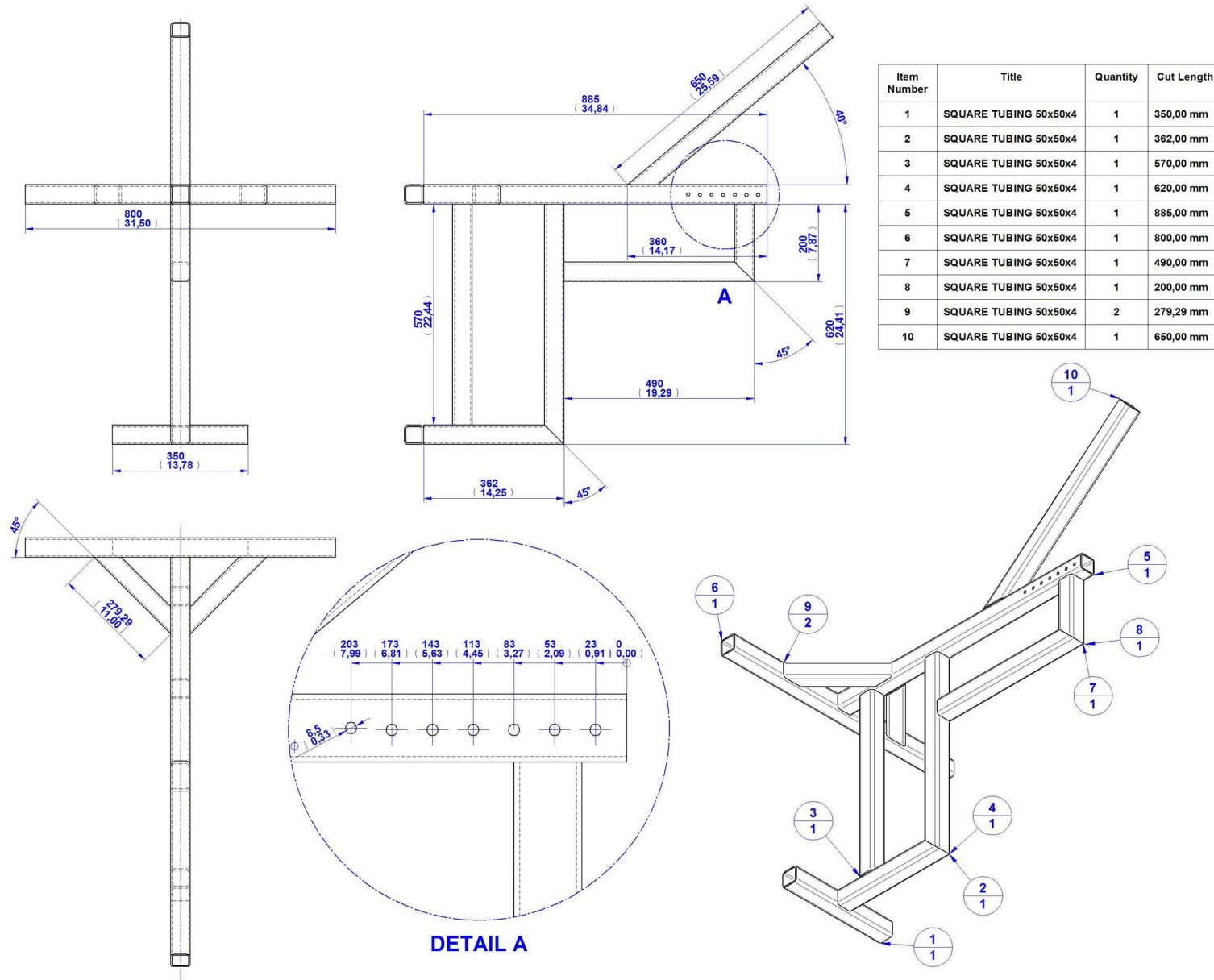
# Parts List

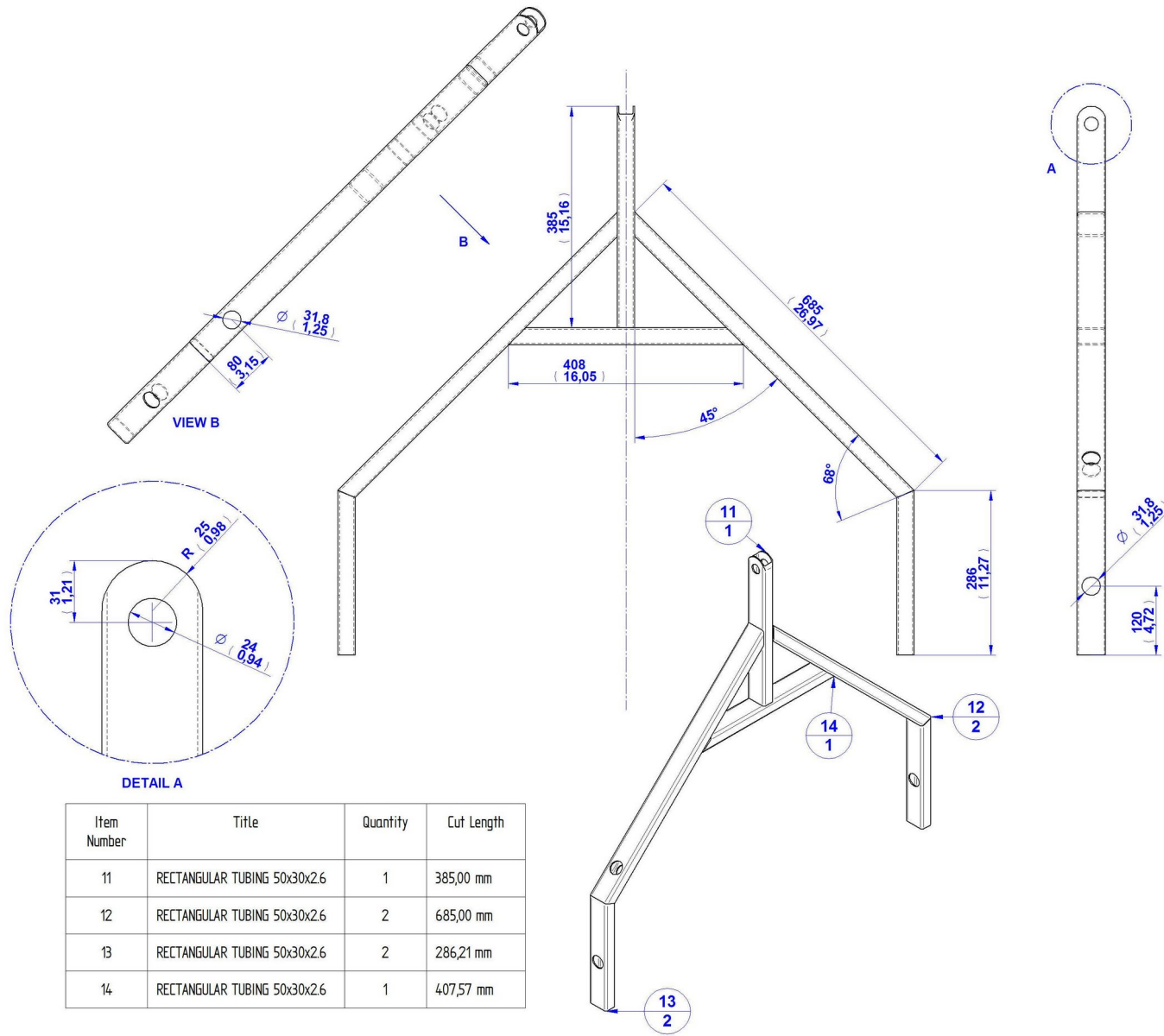


Item Number	Title	Material	Quantity	Category	Cut Length
1	SQUARE TUBING 50x50x4	Steel	1		350.00 mm
2	SQUARE TUBING 50x50x4	Steel	1		362.00 mm
3	SQUARE TUBING 50x50x4	Steel	1		570.00 mm
4	SQUARE TUBING 50x50x4	Steel	1		620.00 mm
5	SQUARE TUBING 50x50x4	Steel	1		885.00 mm
6	SQUARE TUBING 50x50x4	Steel	1		800.00 mm
7	SQUARE TUBING 50x50x4	Steel	1		490.00 mm
8	SQUARE TUBING 50x50x4	Steel	1		200.00 mm
9	SQUARE TUBING 50x50x4	Steel	2		279.29 mm
10	SQUARE TUBING 50x50x4	Steel	1		650.00 mm
11	RECTANGULAR TUBING 50x30x2,6	Steel	1		385.00 mm
12	RECTANGULAR TUBING 50x30x2,6	Steel	2		685.00 mm
13	RECTANGULAR TUBING 50x30x2,6	Steel	2		286.21 mm
14	RECTANGULAR TUBING 50x30x2,6	Steel	1		407.57 mm
15	Square Tubing 40x40x2,9mm	Steel	1		400.00 mm
16	Wooden Sheet	Wood	2		
17	Sheet Support	Steel	8		
18	Triangle support	Steel	8		
19	Slotted pan head screw M5x30	Steel	16	Standard Part	
20	Spring Lock washer 5mm	Steel	16	Standard Part	
21	Hexagon nut M5	Steel	16	Standard Part	
22	Cover 50x50mm	Steel	5		
23	Triangle	Steel	1		
24	Holder	Steel	2		
25	Pin 16h1x70mm	Steel	1	Standard Part	
26	Cover 50x30mm	Steel	2		
27	Support 70x70	Steel	1		
28*	Pin 8h1x60mm	Steel	2	Standard Part	
29	Dumbbell Support	Steel	2		298,00mm
30	Handle	Steel	2		180,00mm
31	cover 318mm	Steel	8		
32	washer	Steel	2		
33	Shell	Steel	1		
34	Spring cotter	Steel	1	Standard Part	
35	Dumbbell 5kg	Steel	4		

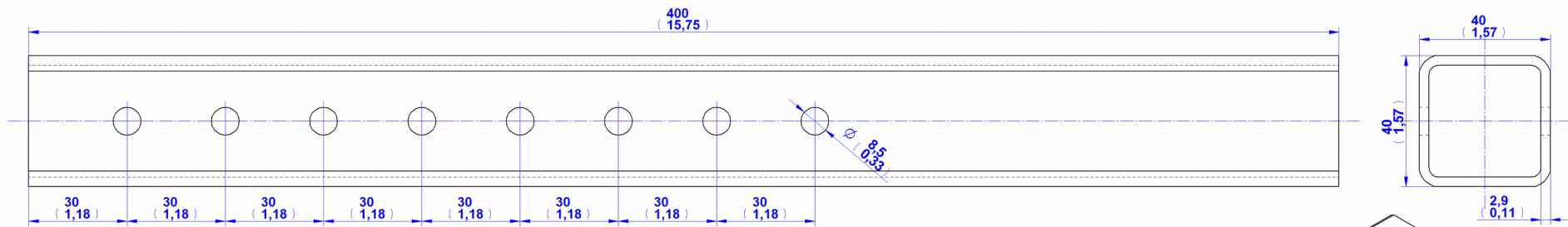
# 2D Documentation



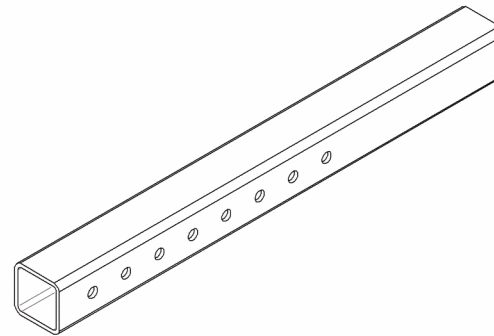




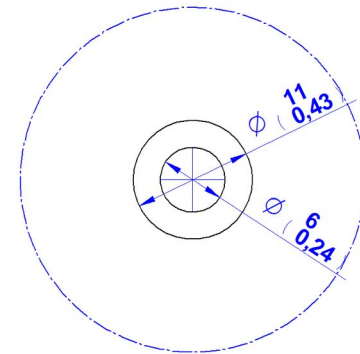
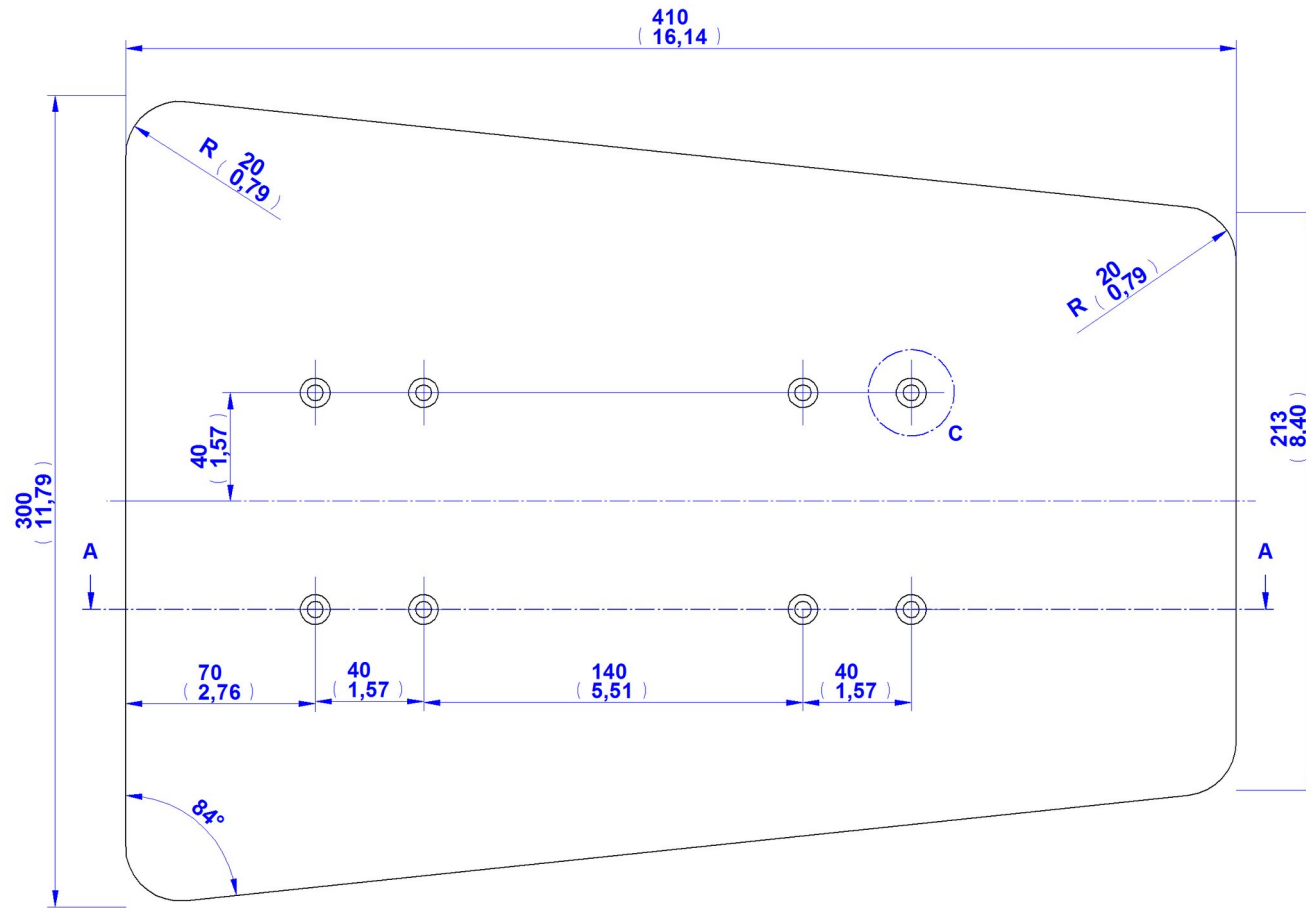
Item Number	Title	Quantity	Cut Length
11	RECTANGULAR TUBING 50x30x2.6	1	385,00 mm
12	RECTANGULAR TUBING 50x30x2.6	2	685,00 mm
13	RECTANGULAR TUBING 50x30x2.6	2	286,21 mm
14	RECTANGULAR TUBING 50x30x2.6	1	407,57 mm



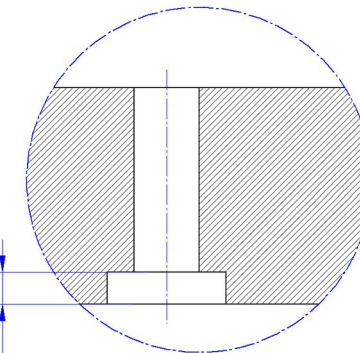
15. Square Tubing 40 x 40 x 2,9



# 16. Wooden Sheet

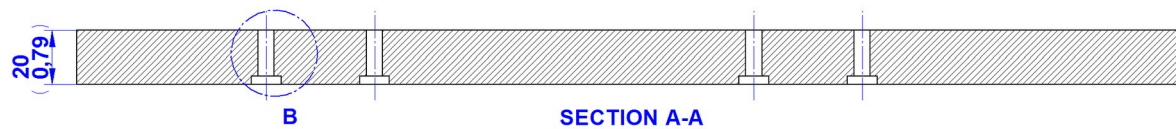


DETAIL C



DETAIL B

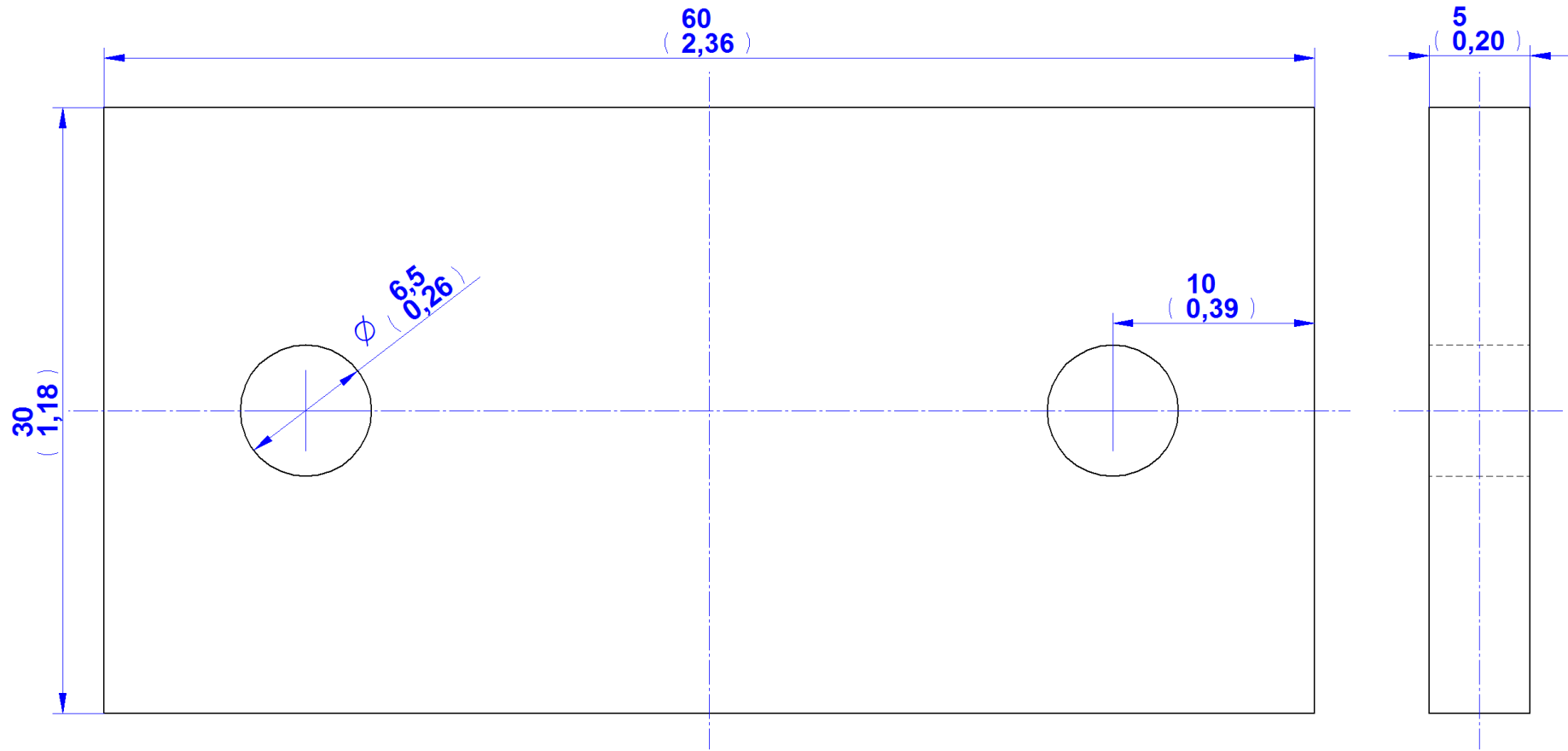
Drill holes during assemblage



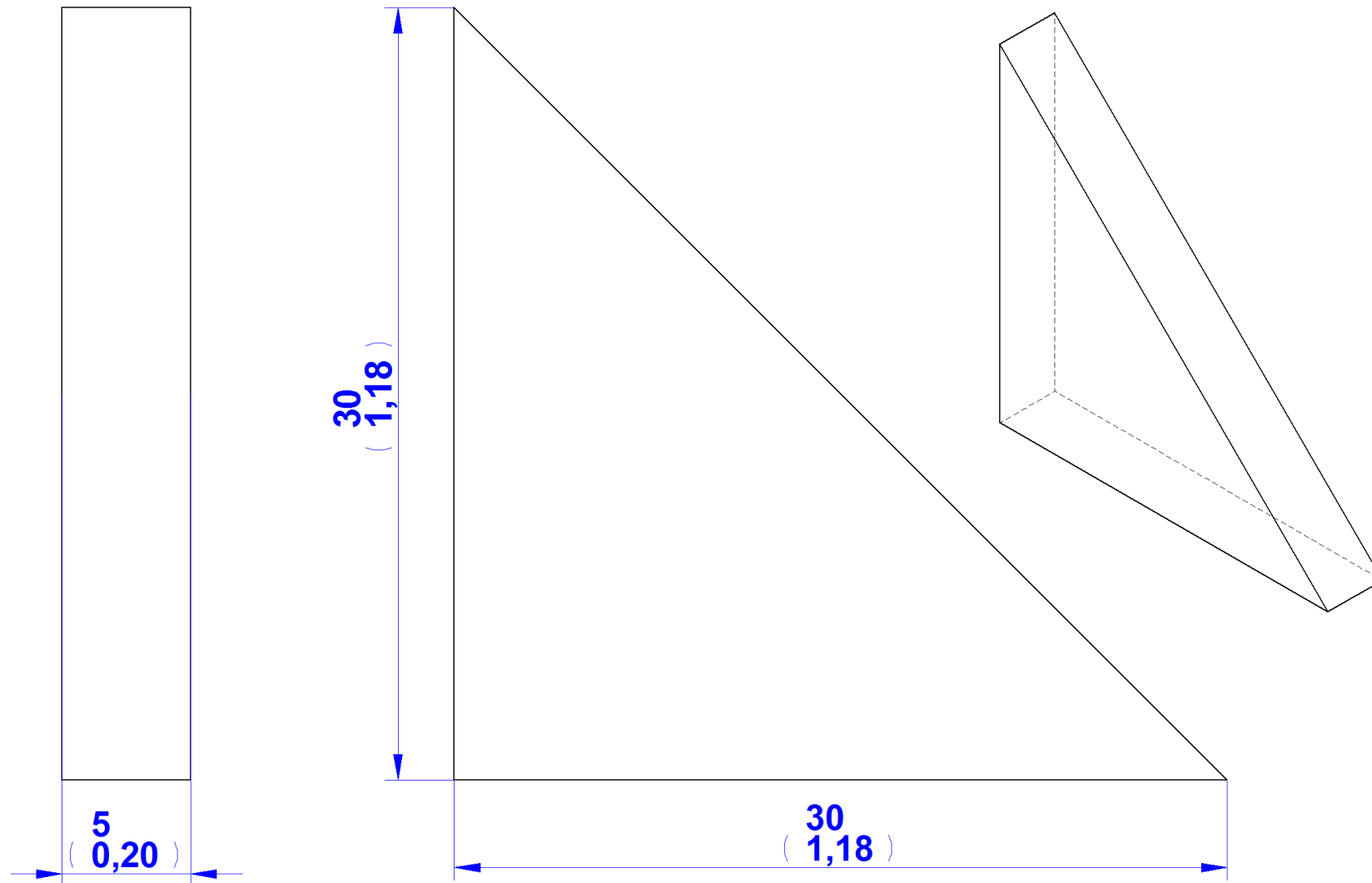
B

SECTION A-A

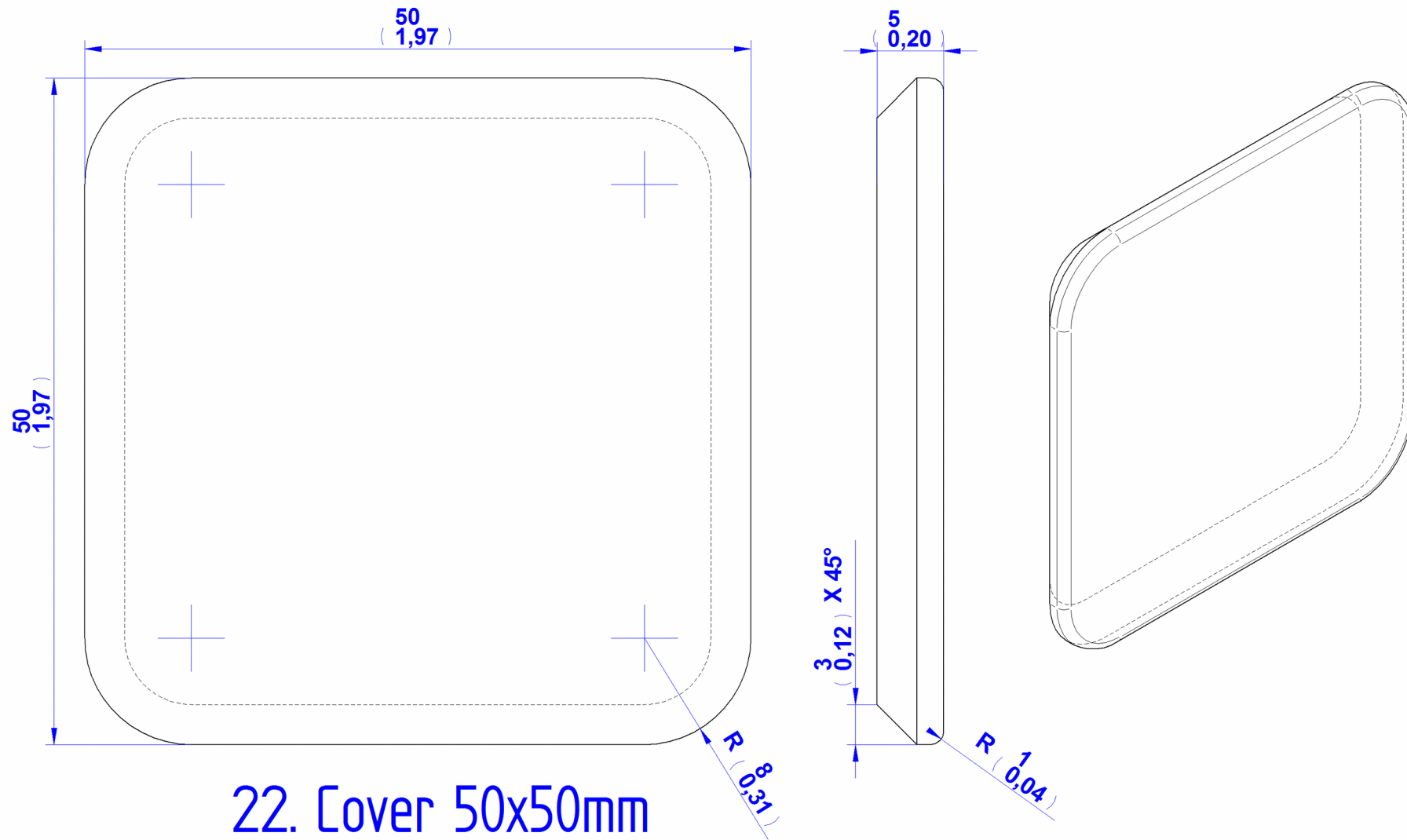




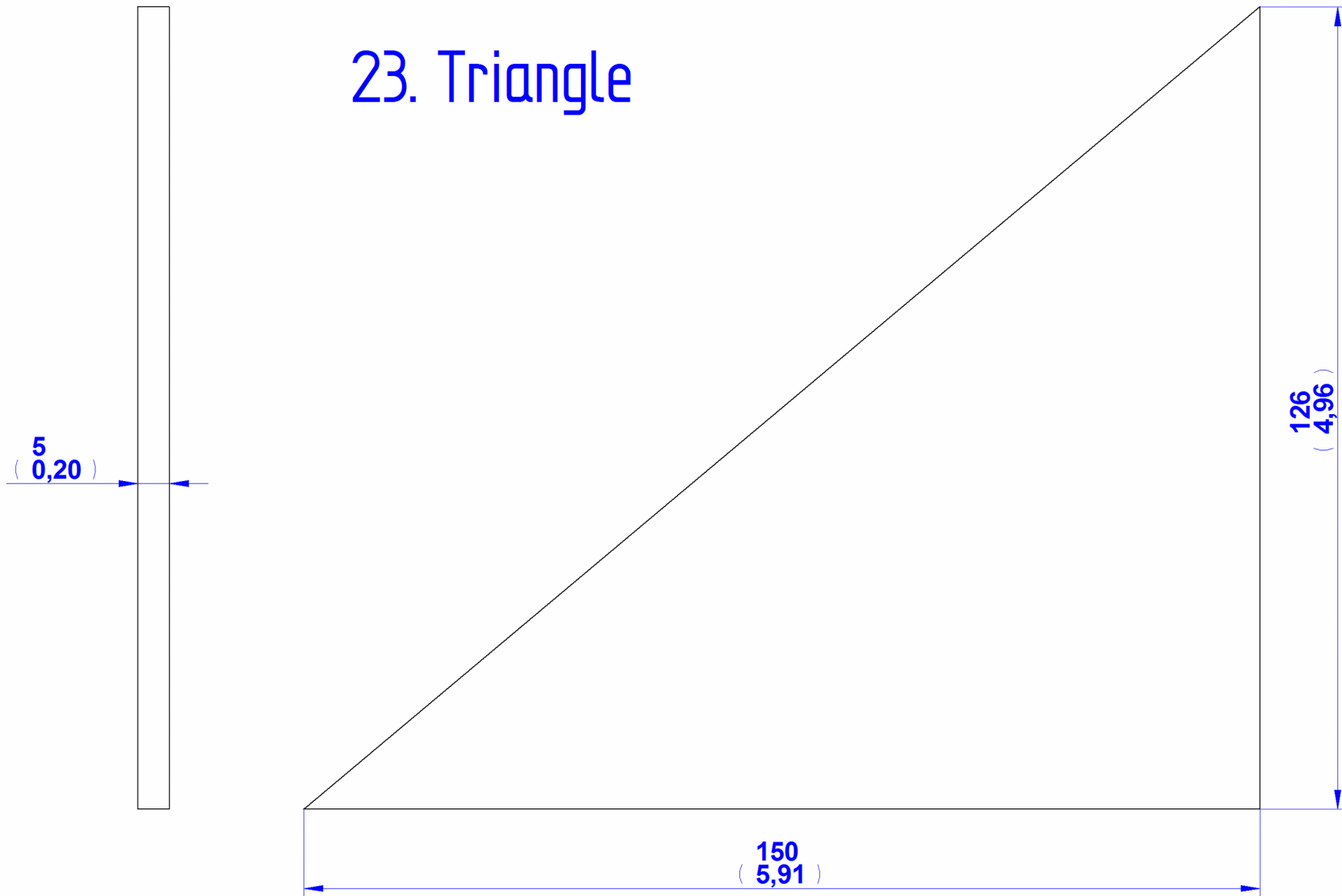
17. Sheet Support

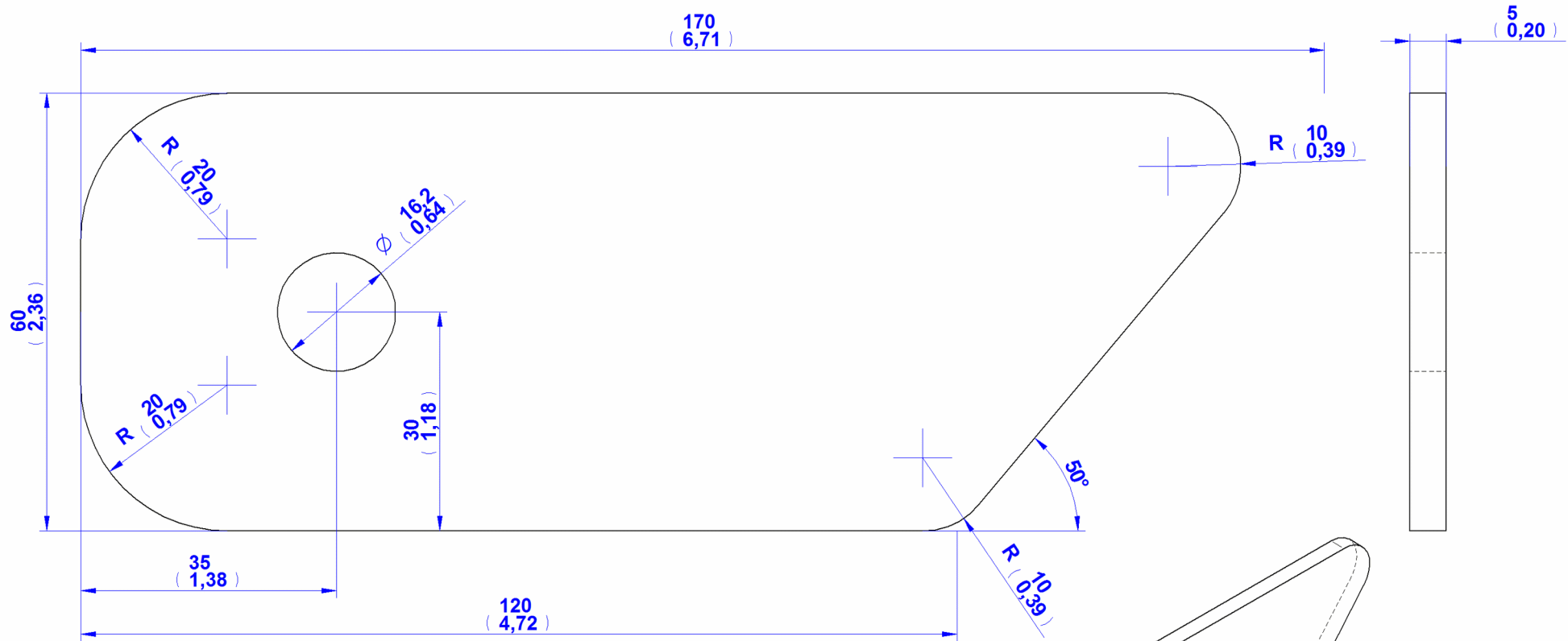


## 18. Triangle Support

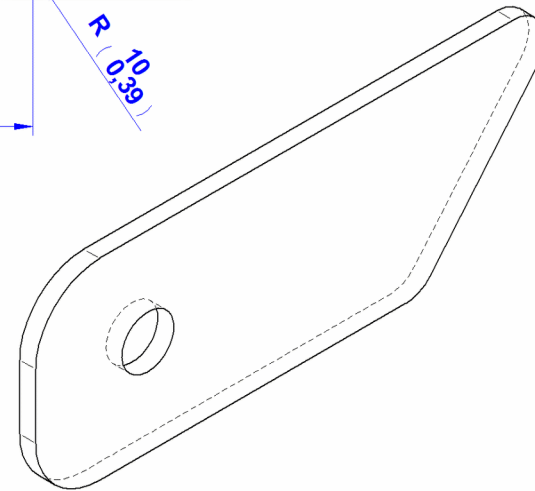


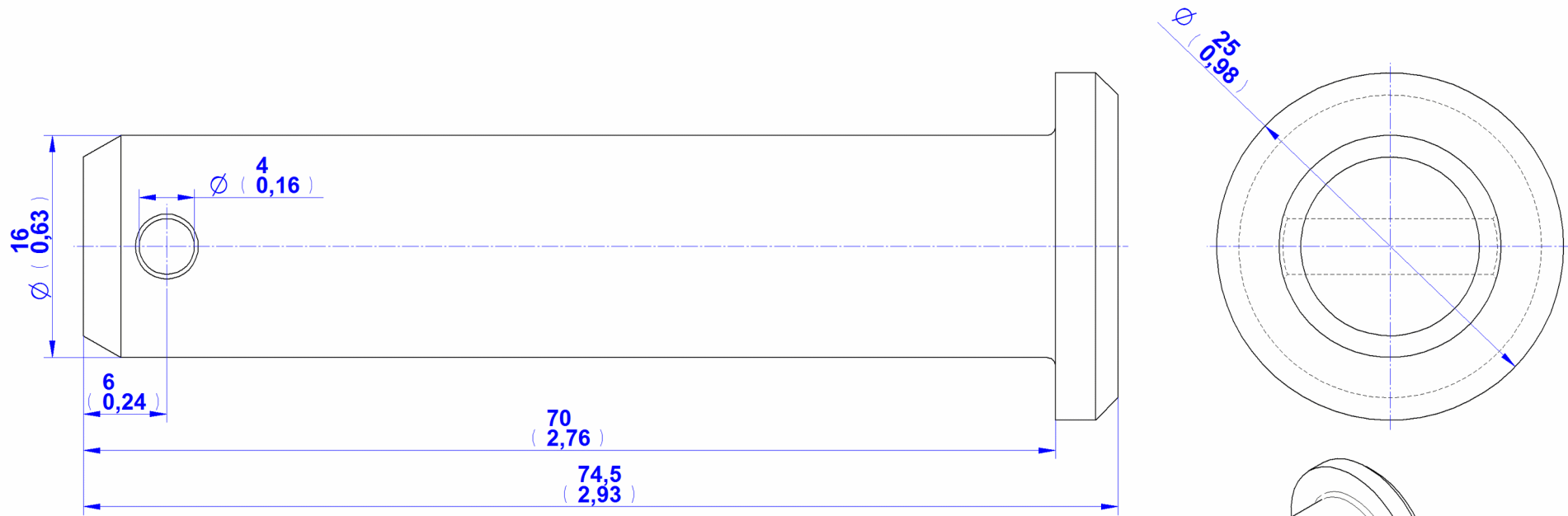
## 23. Triangle



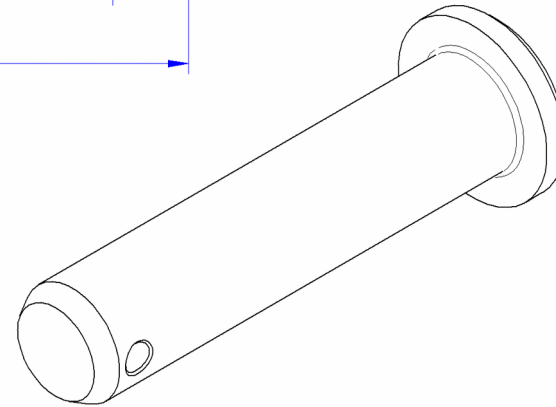


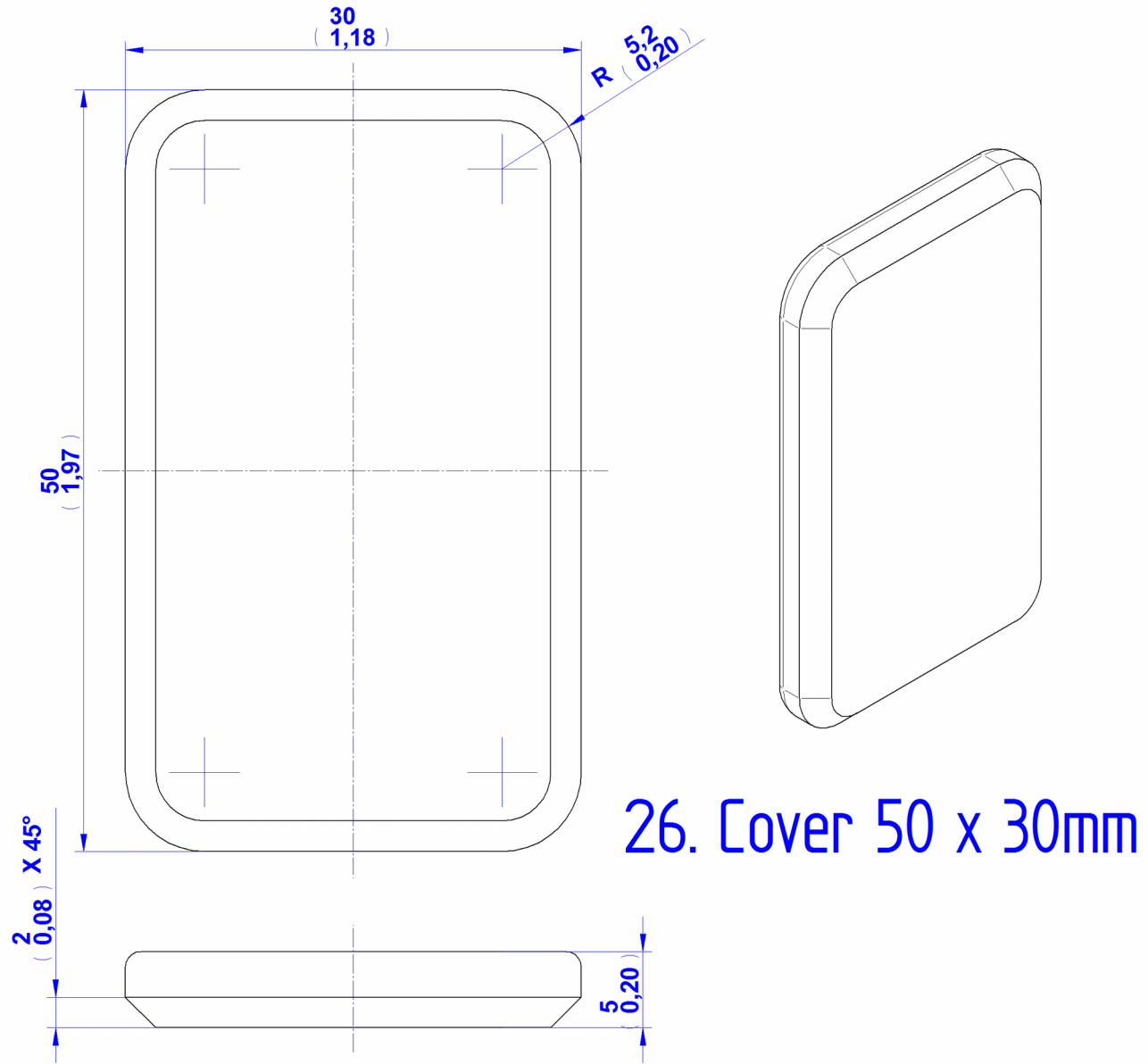
24. Holder

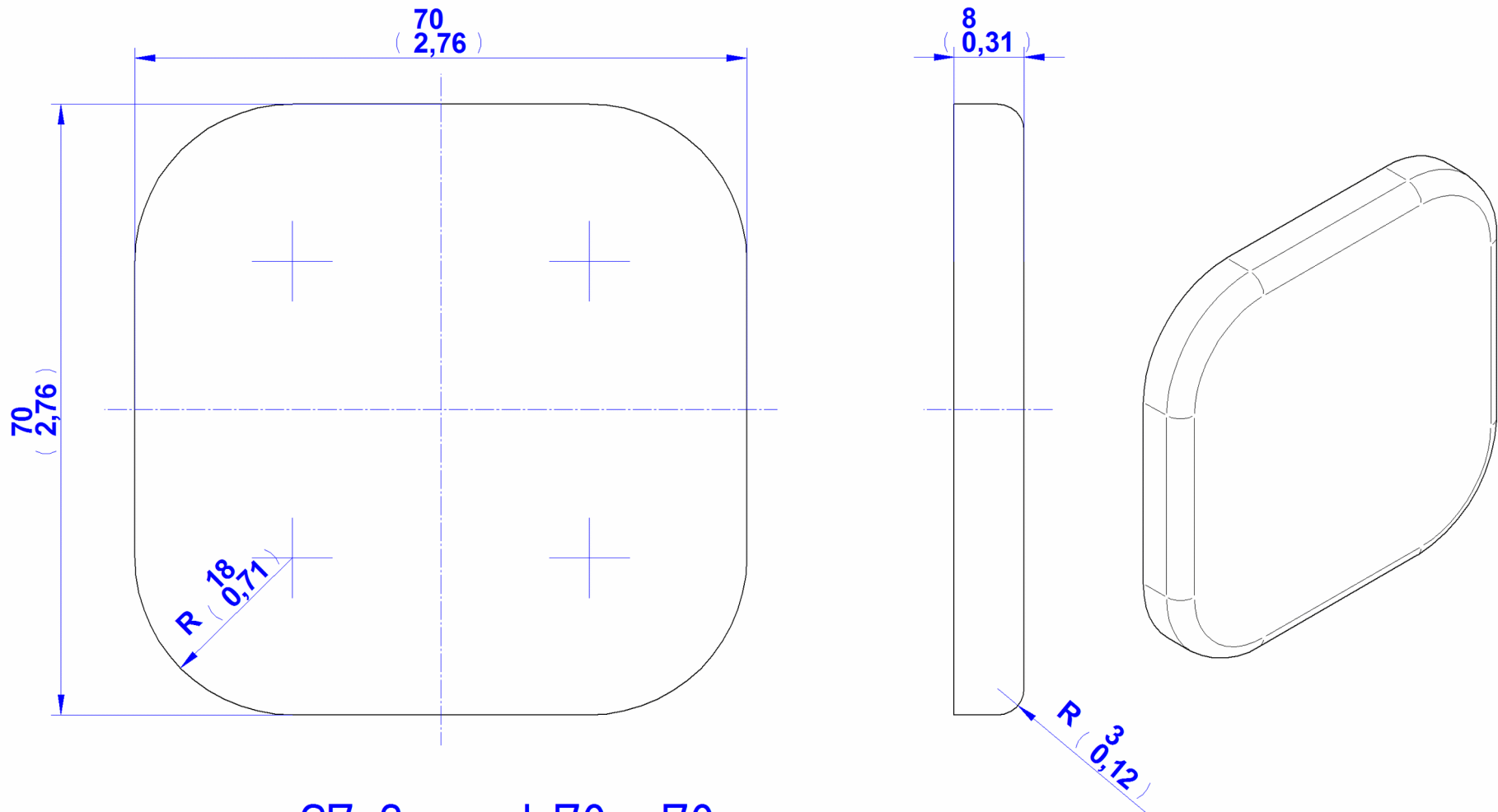




25. Pin 16h11 x 70mm

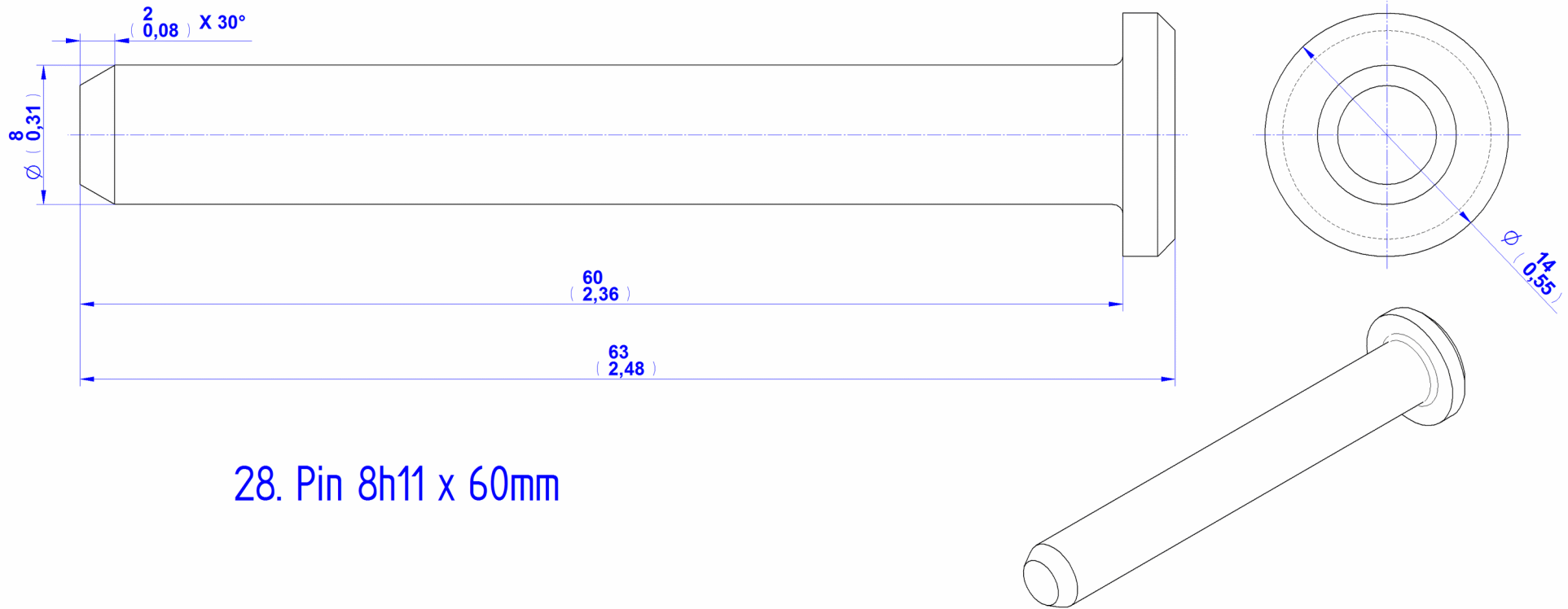


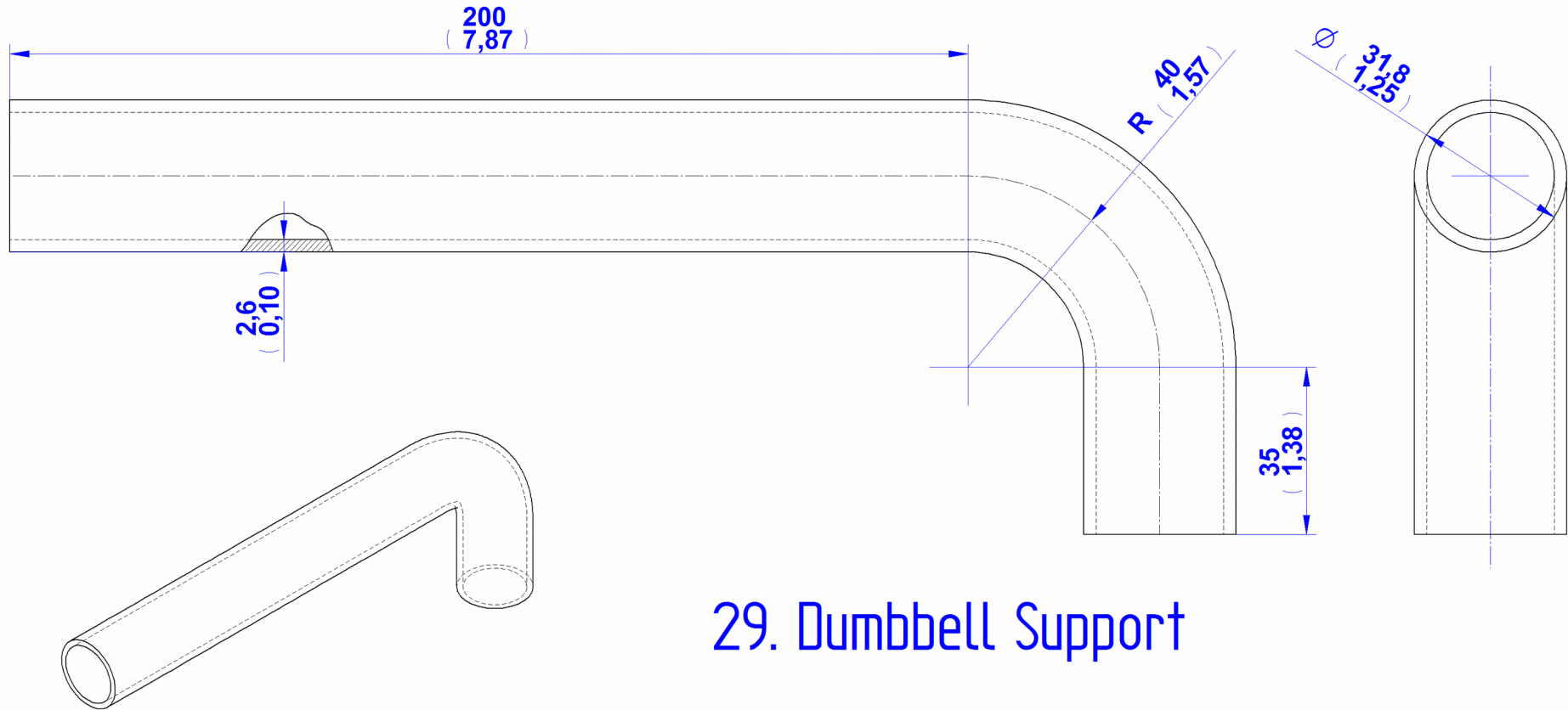




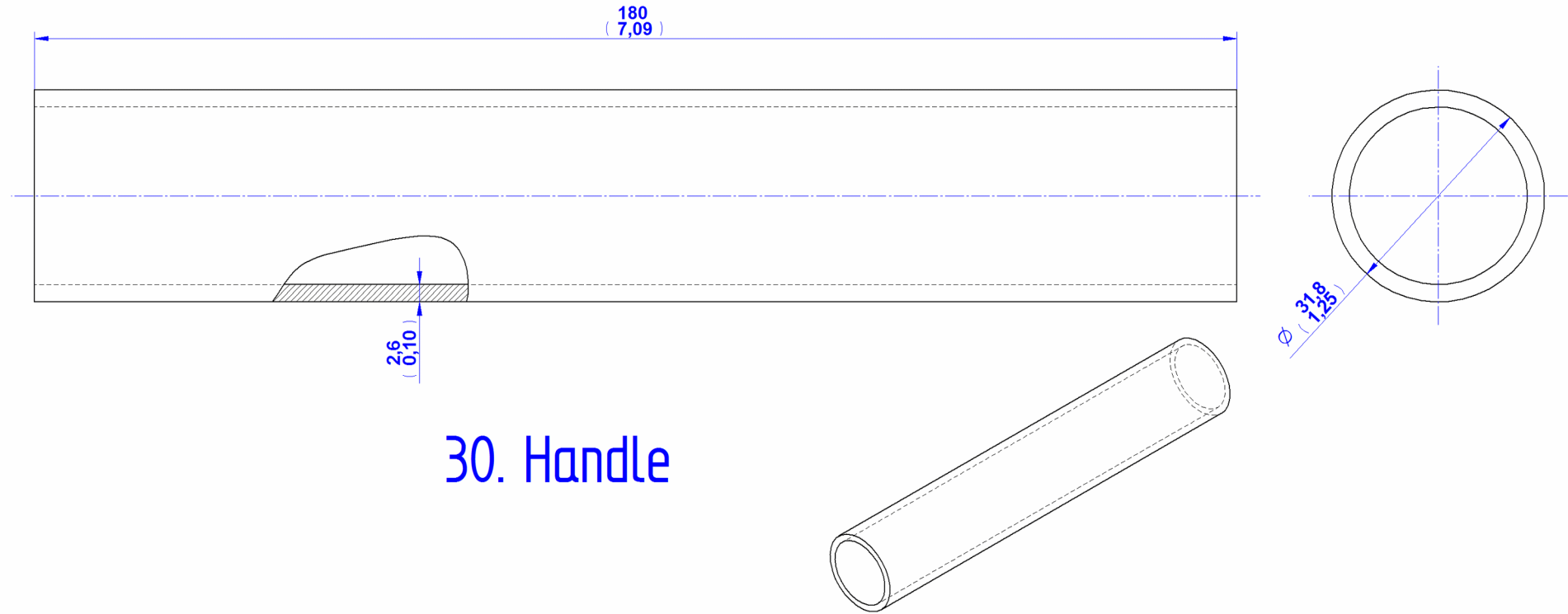
27. Support 70 x 70mm



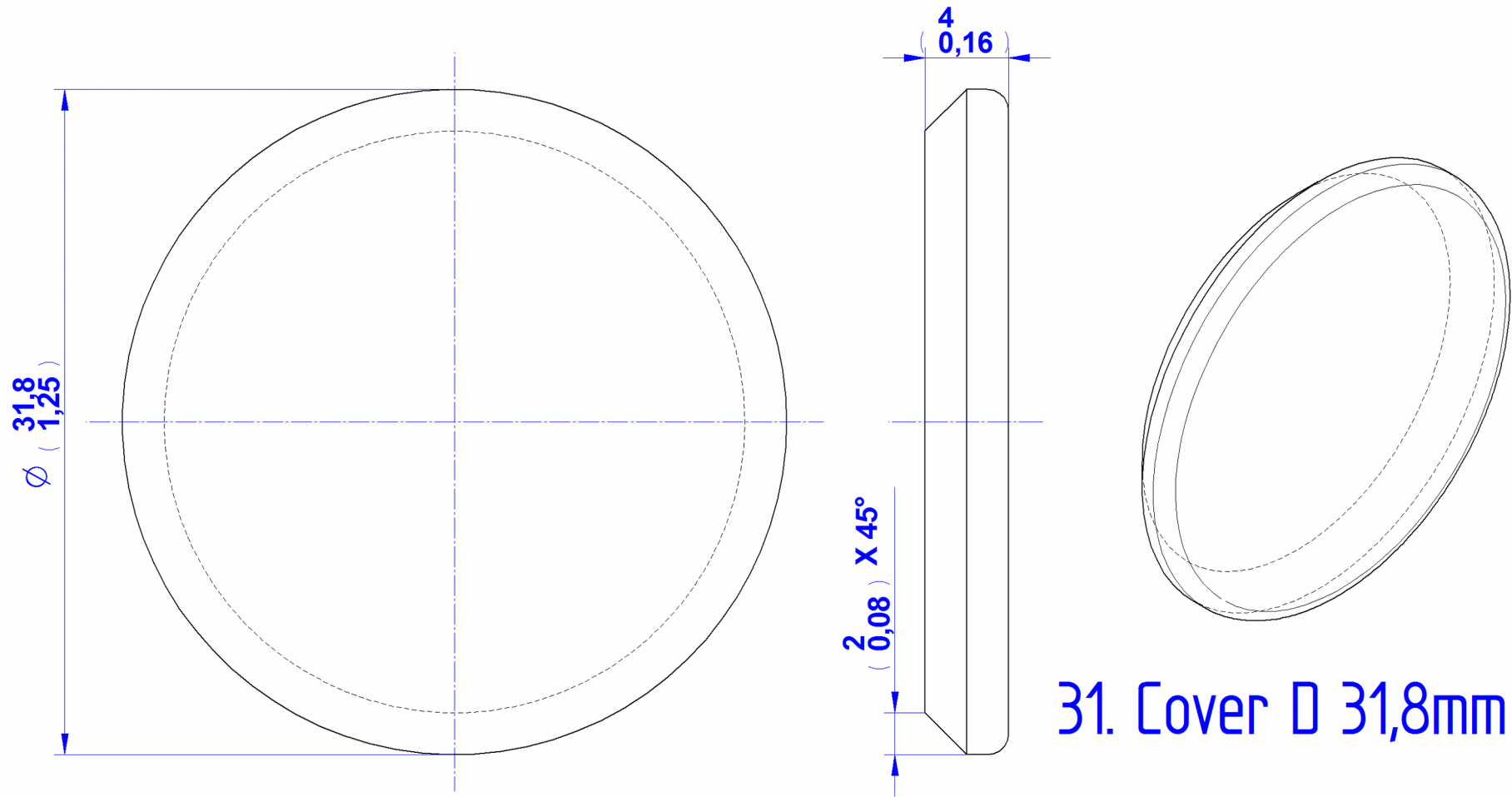




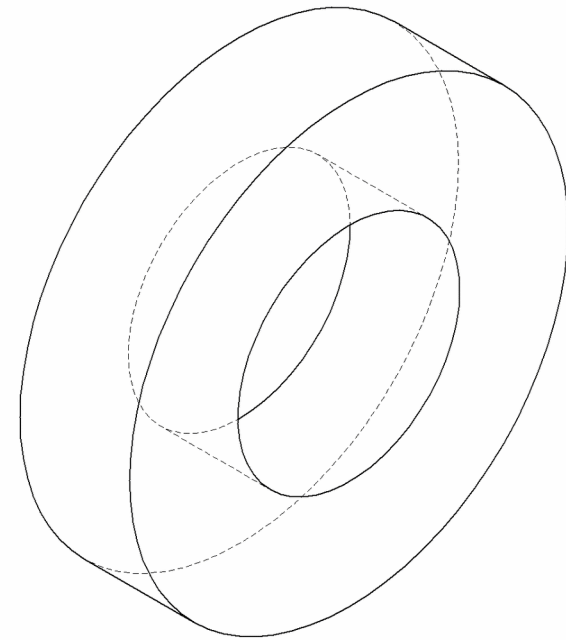
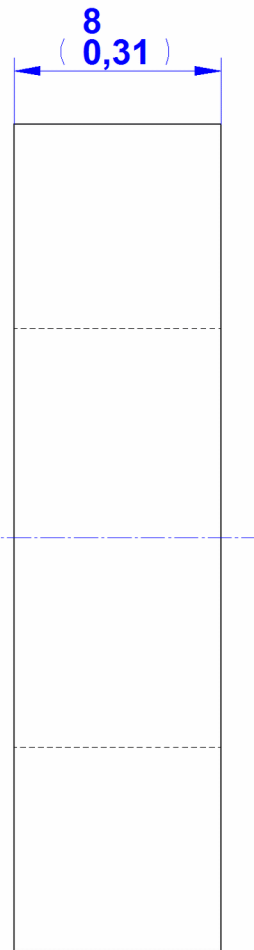
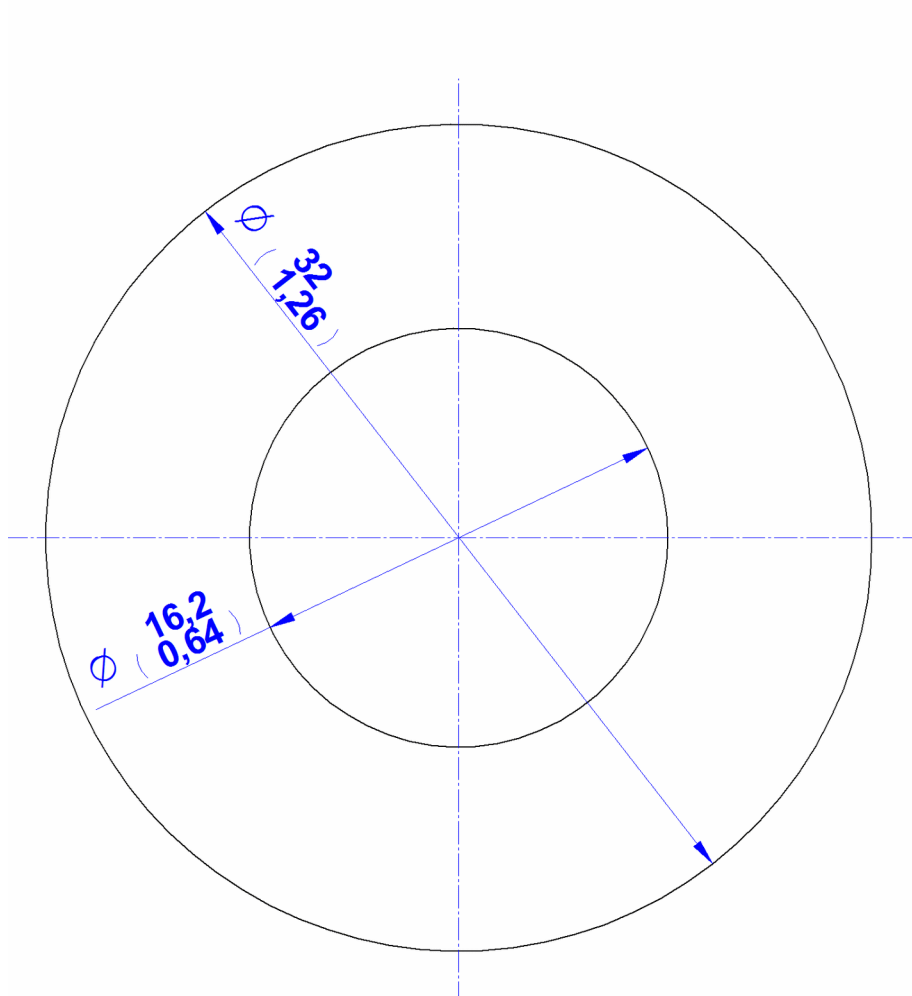
## 29. Dumbbell Support



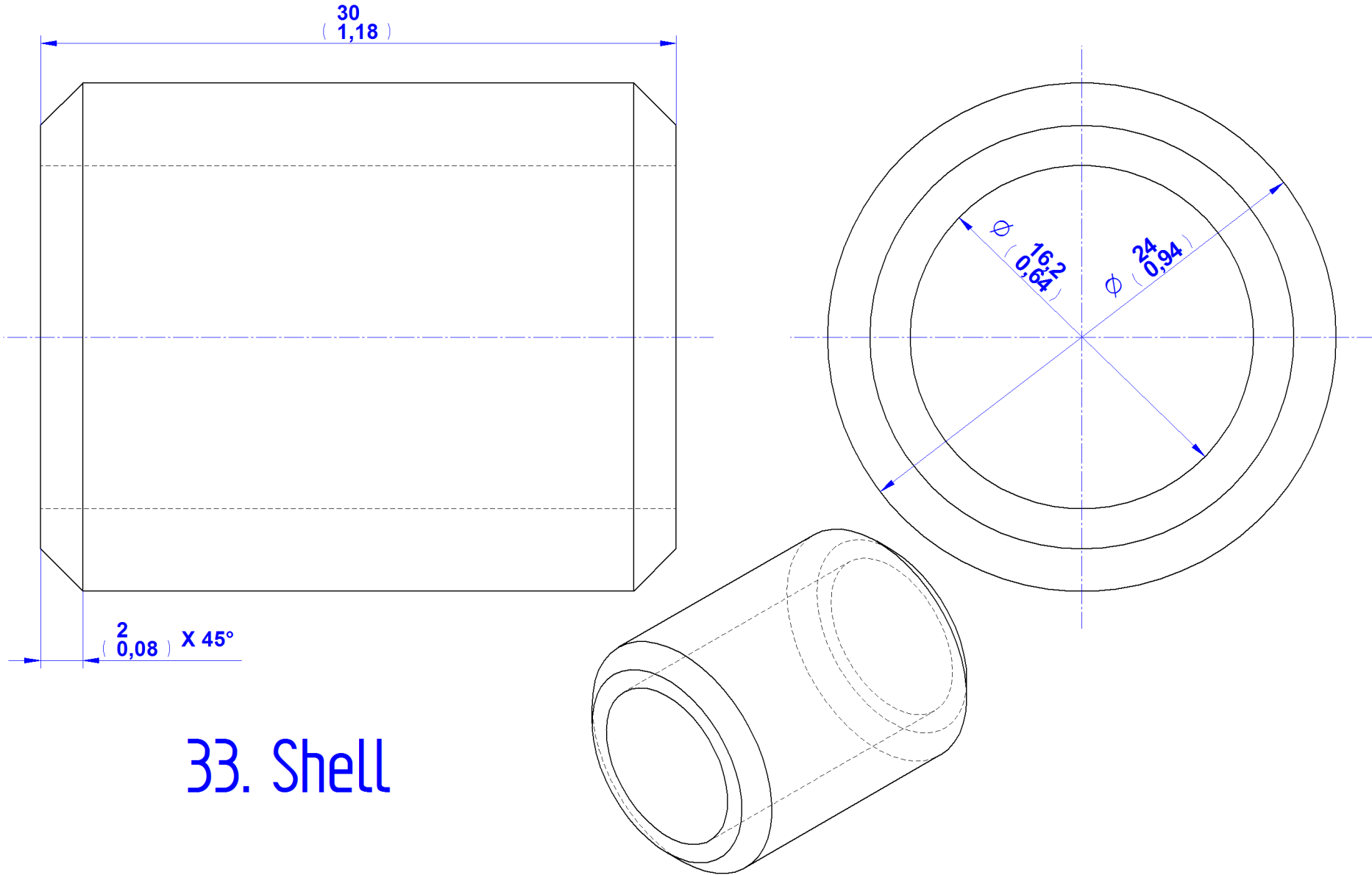
30. Handle



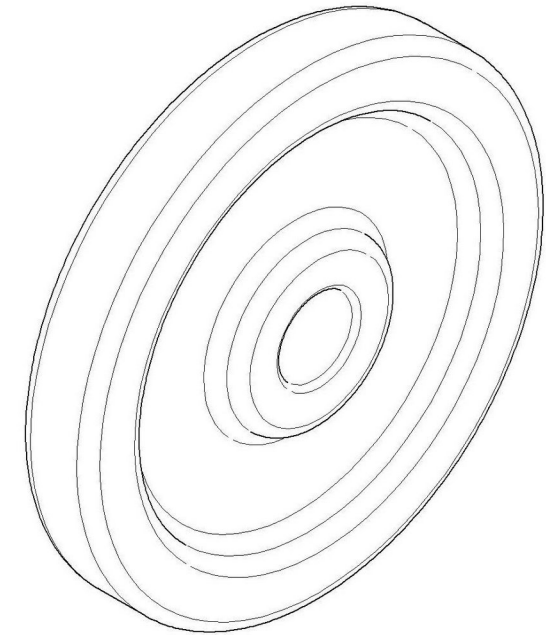
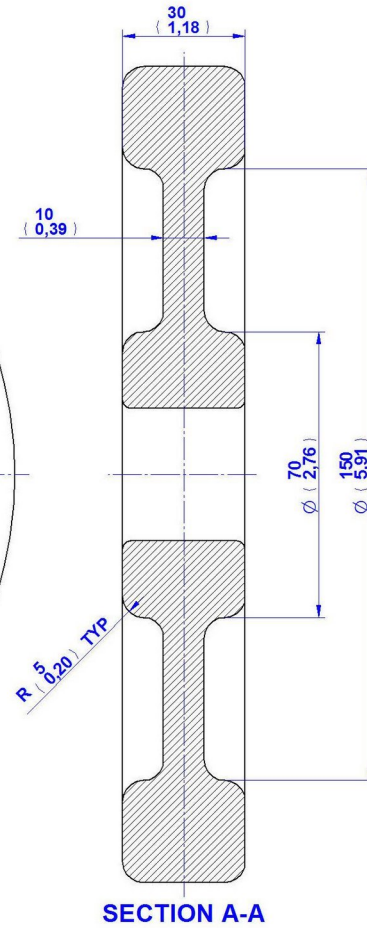
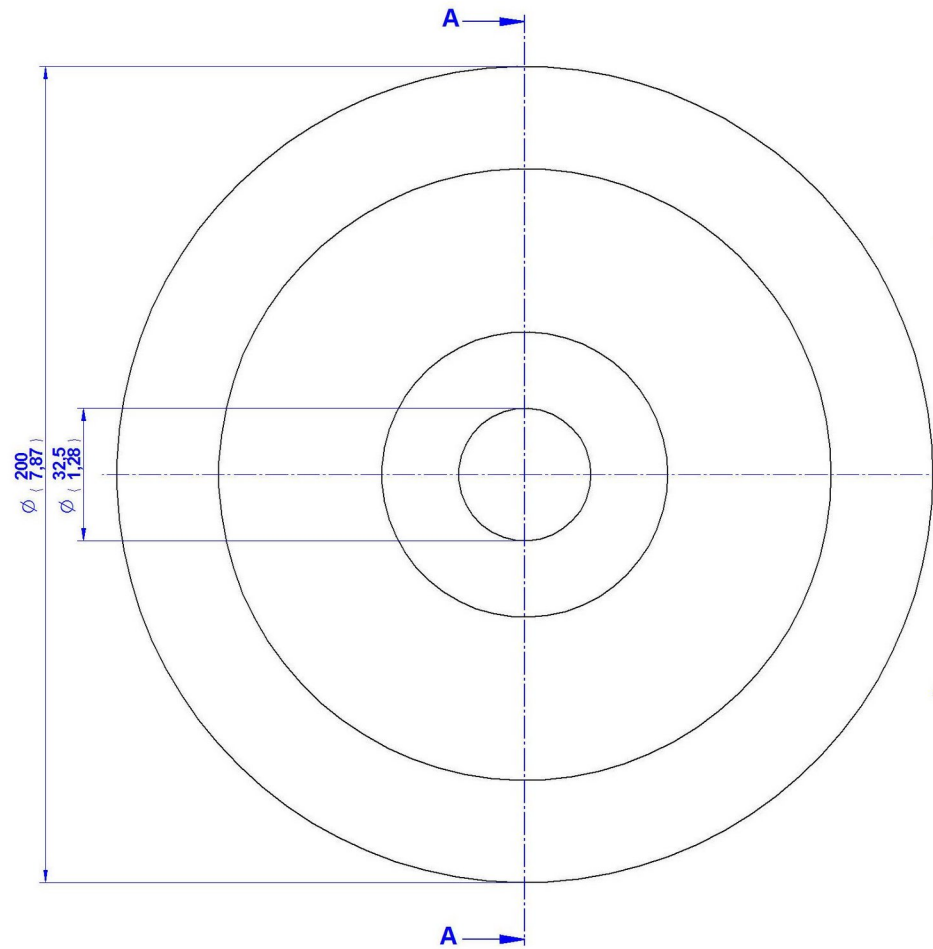
31. Cover D 31,8mm



32. Washer



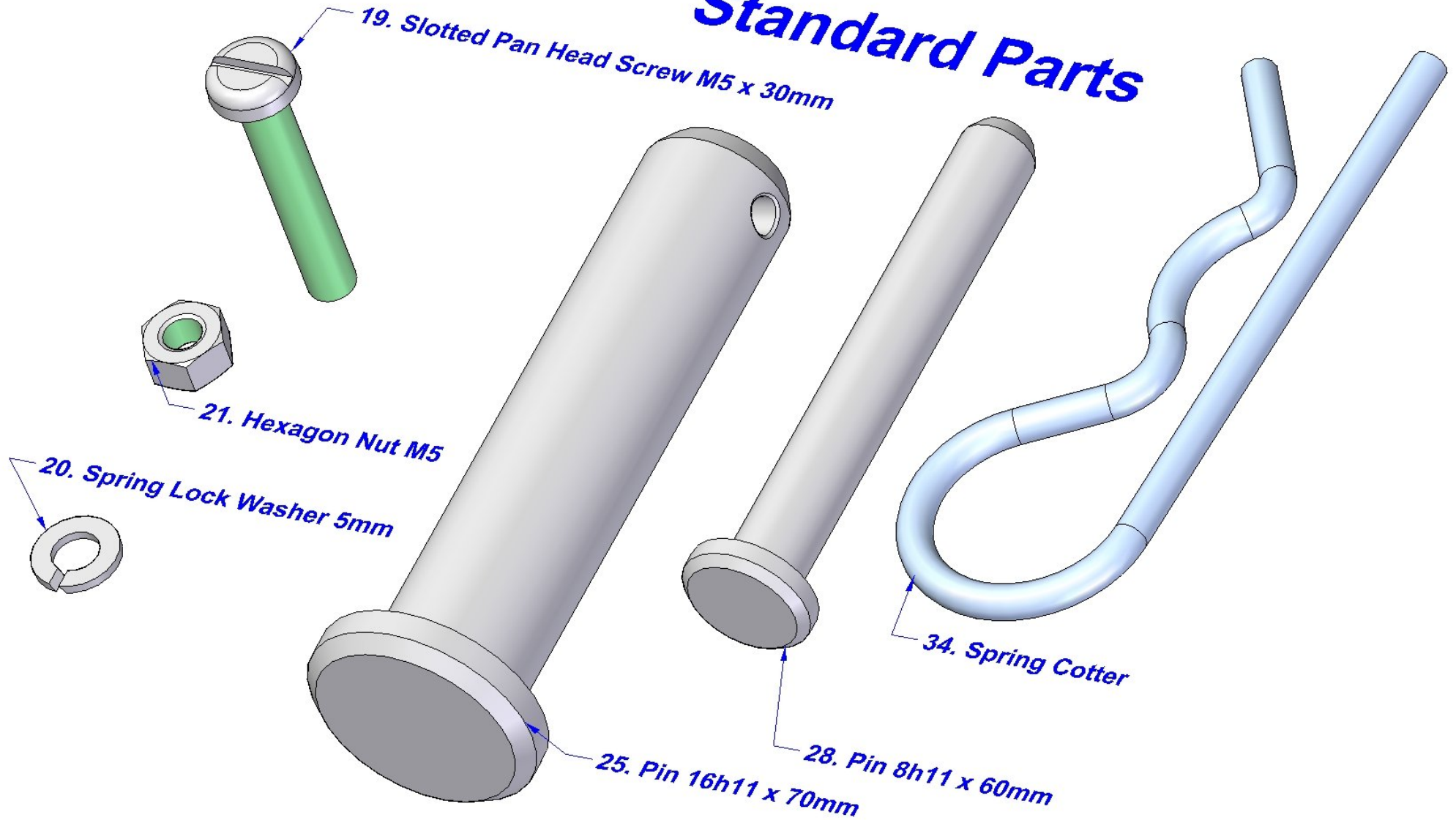
### 33. Shell



35. Dumbbell 5kg

# Standard Parts

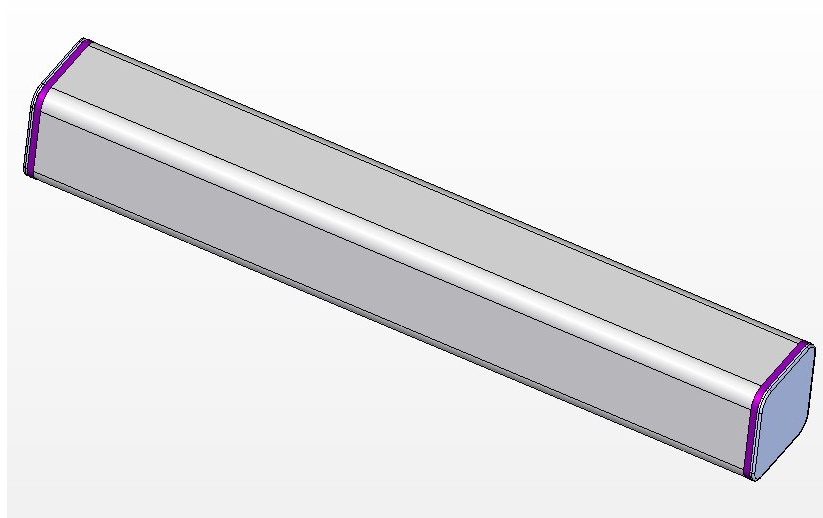
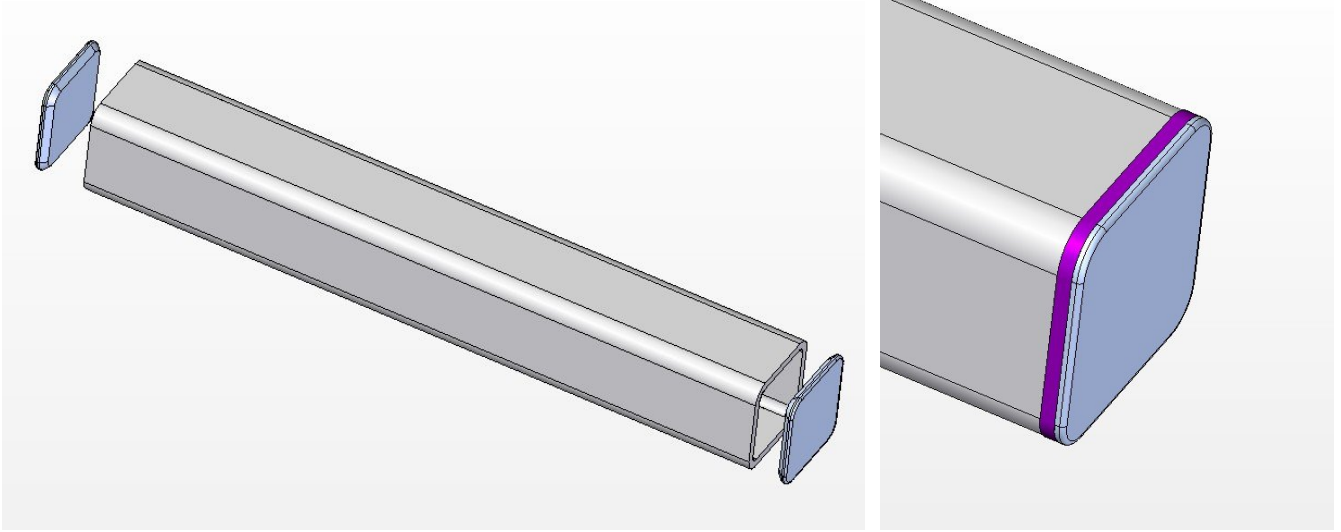
## Standard Parts



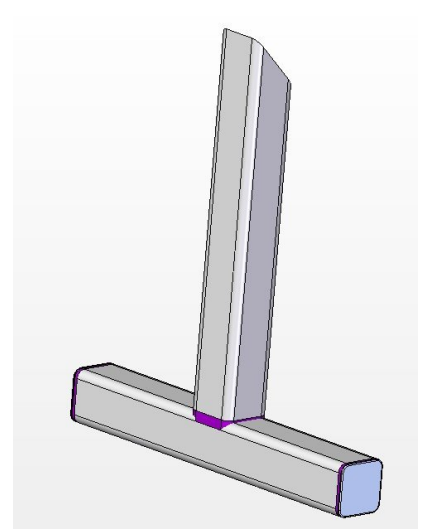
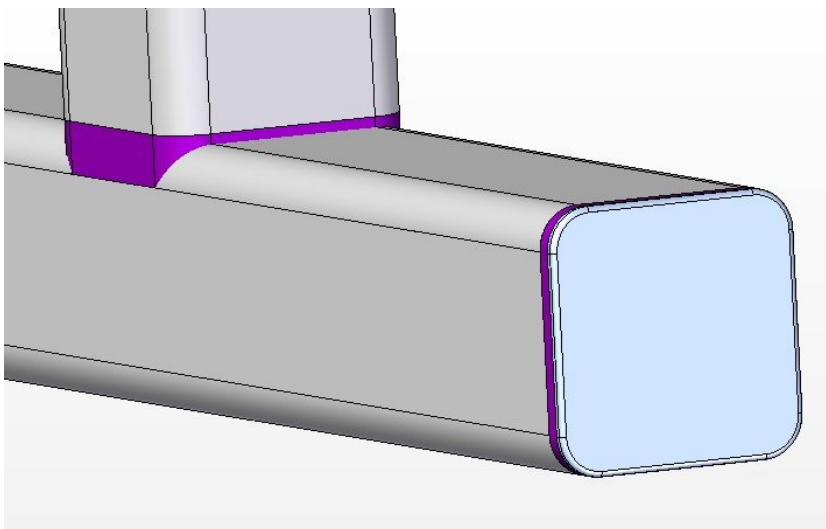


## Assemblage images

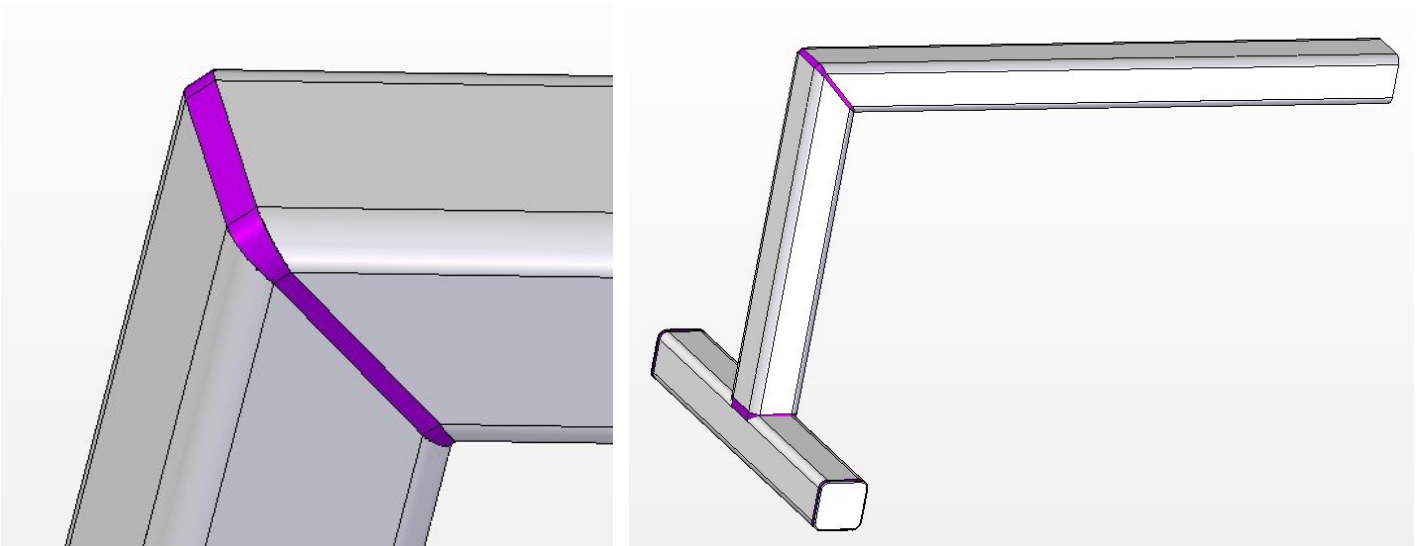
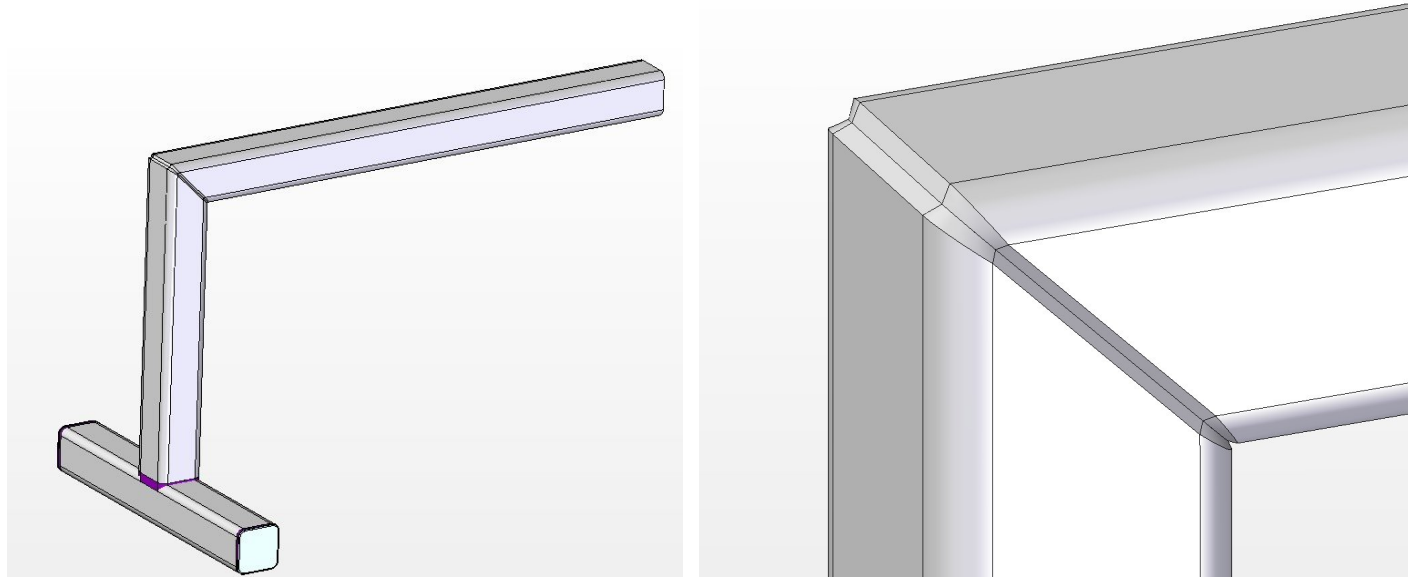
1.



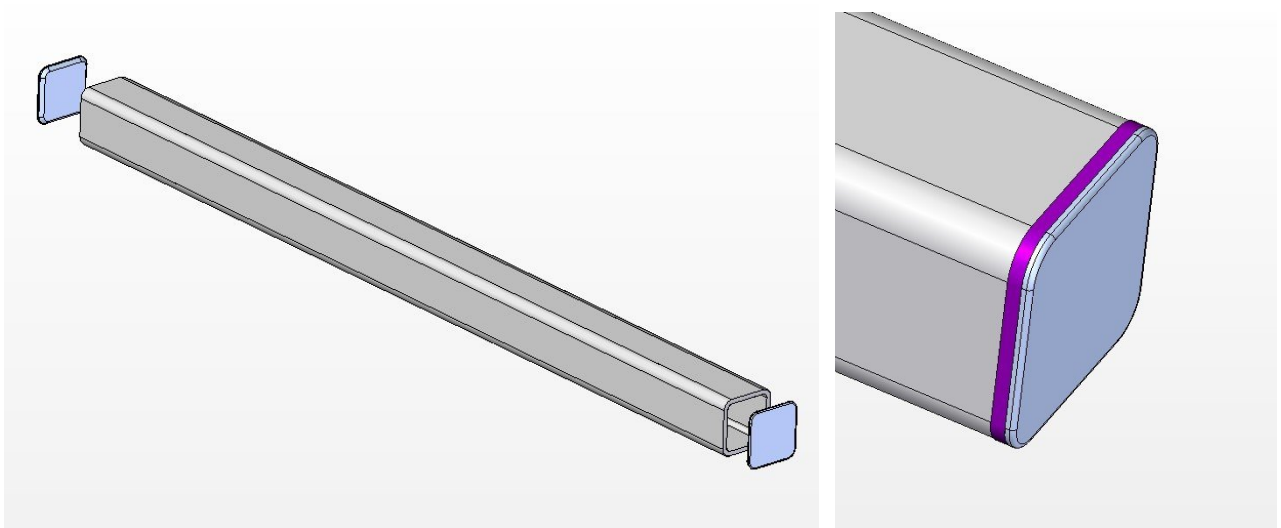
2.

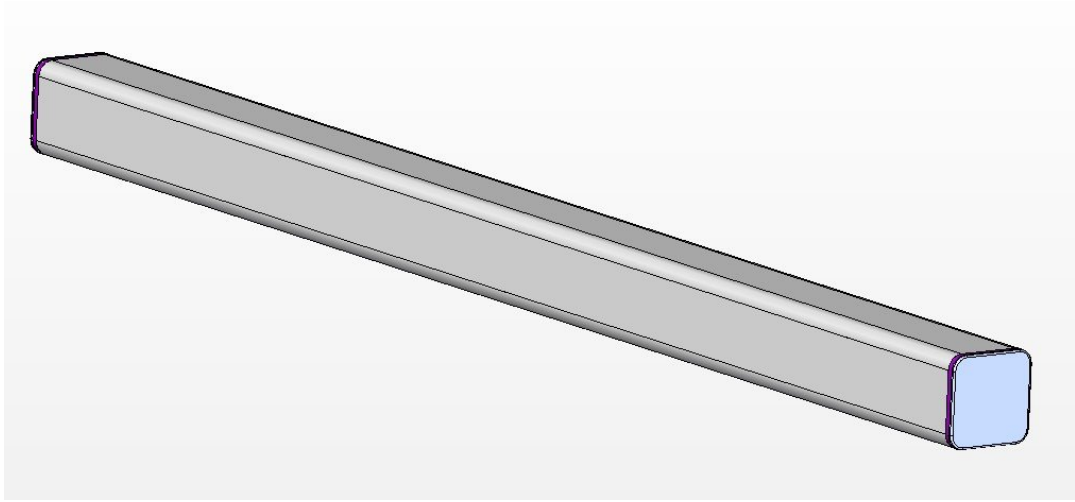


3.

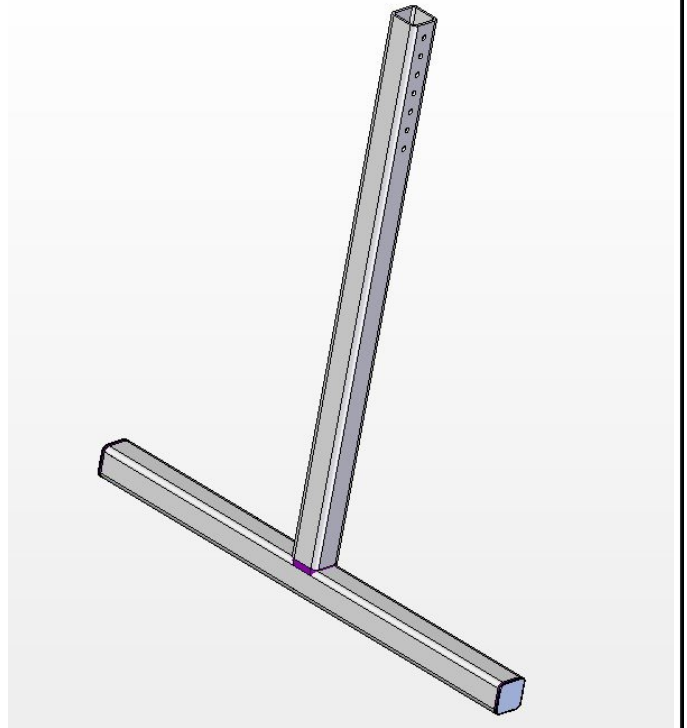
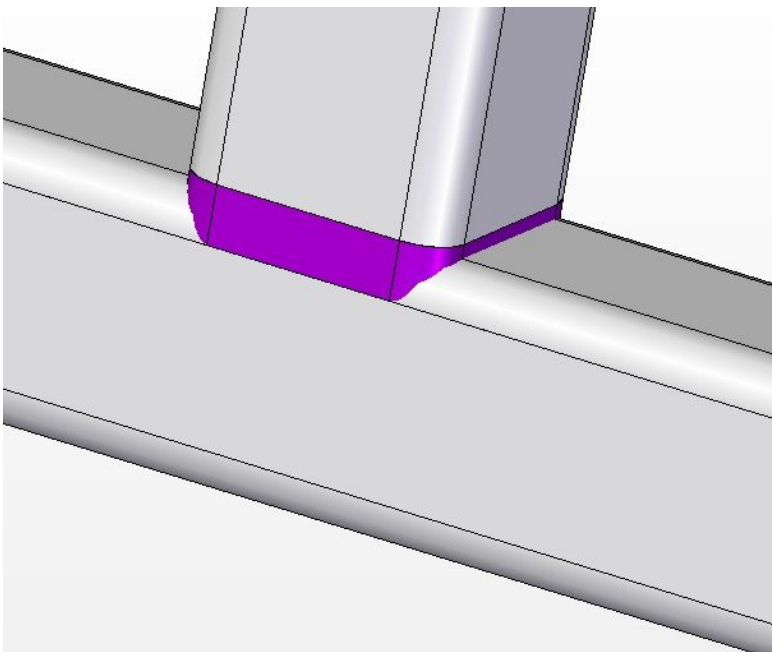


4.

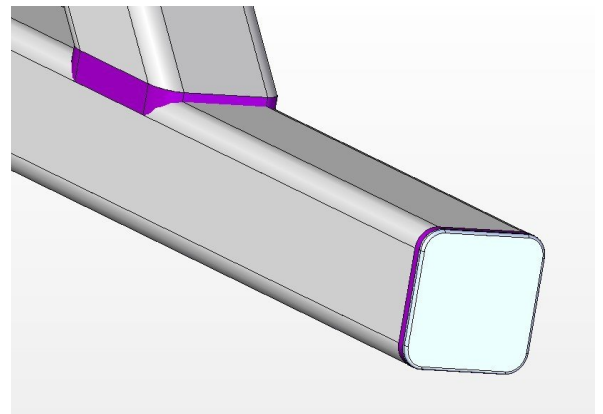
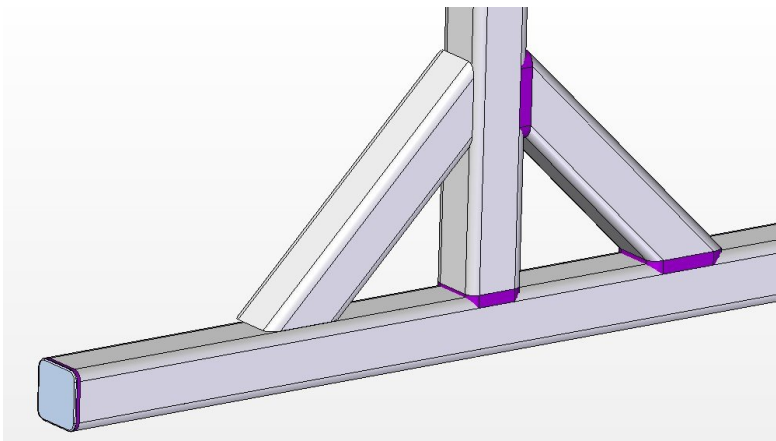
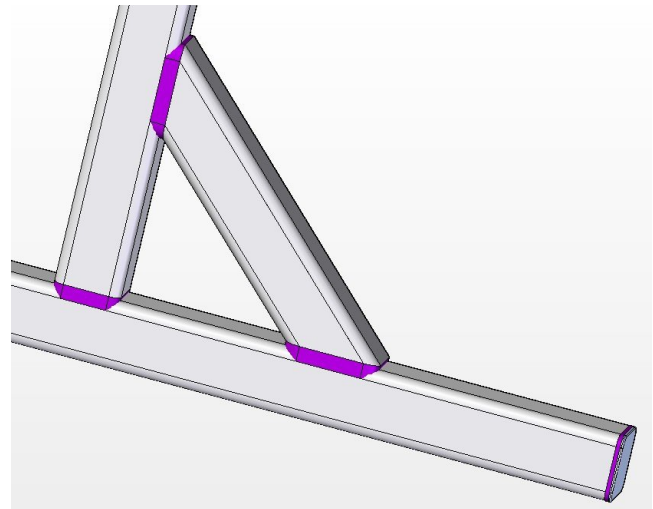
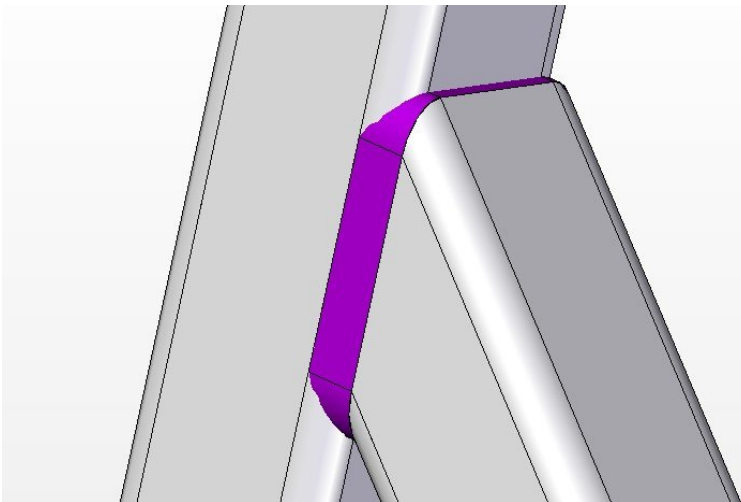
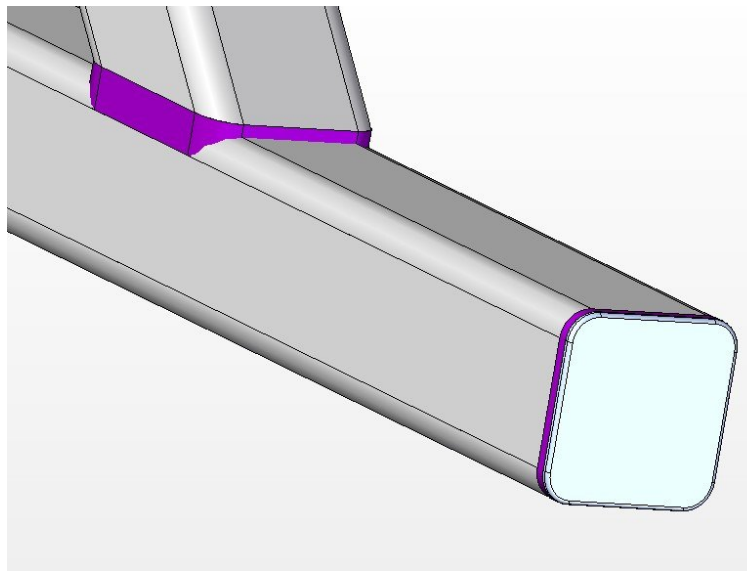
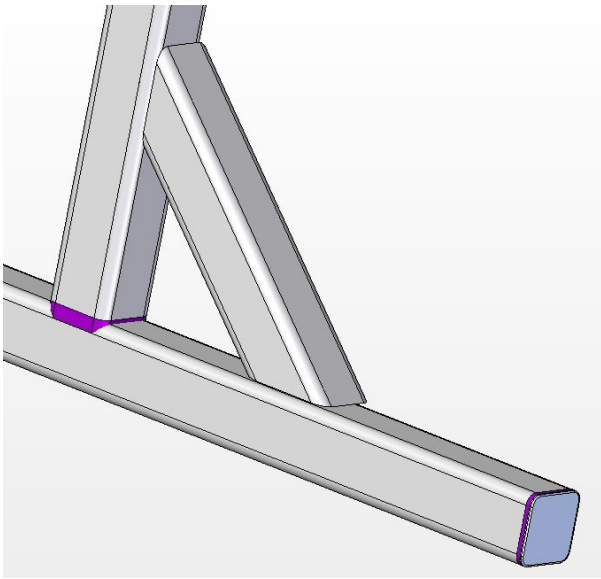


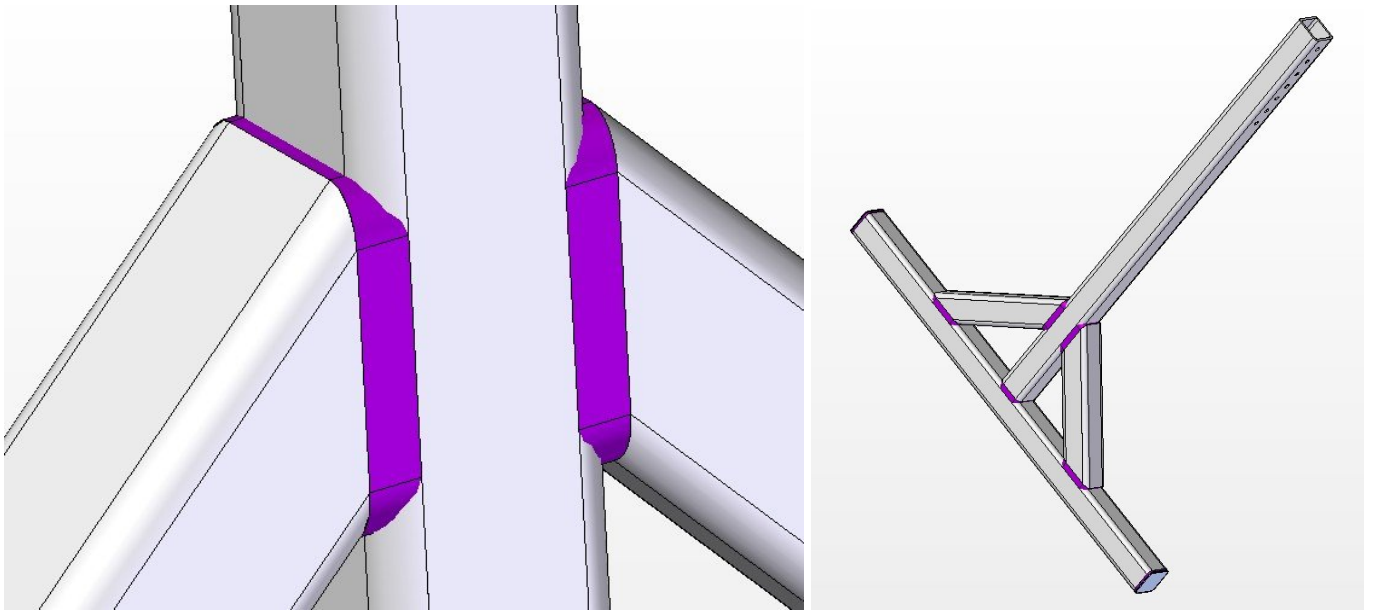


5.

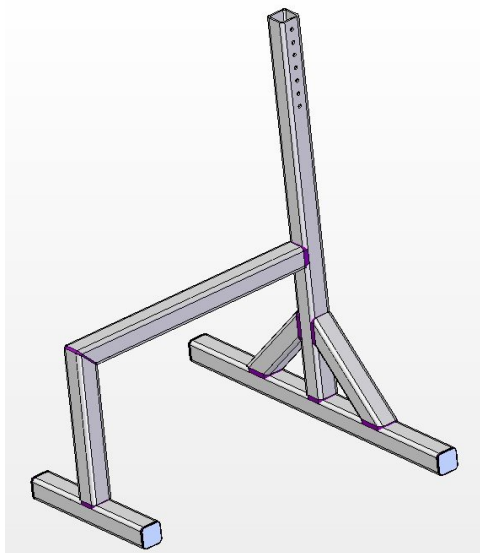
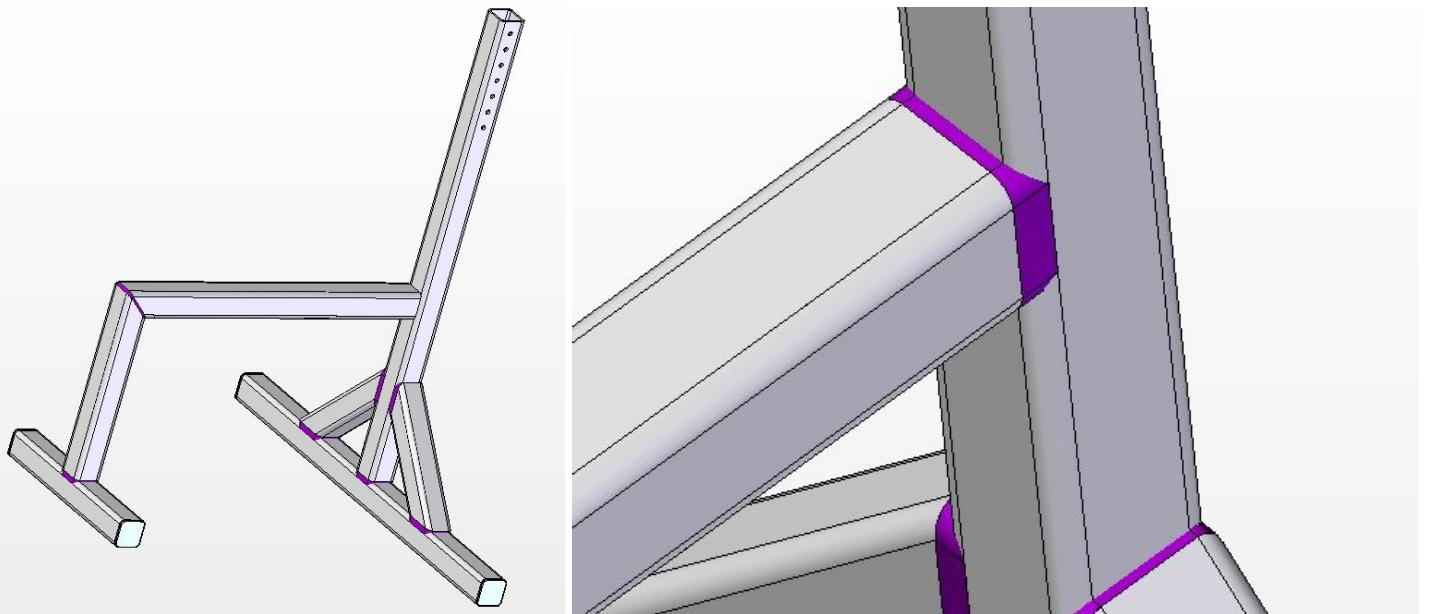


6.

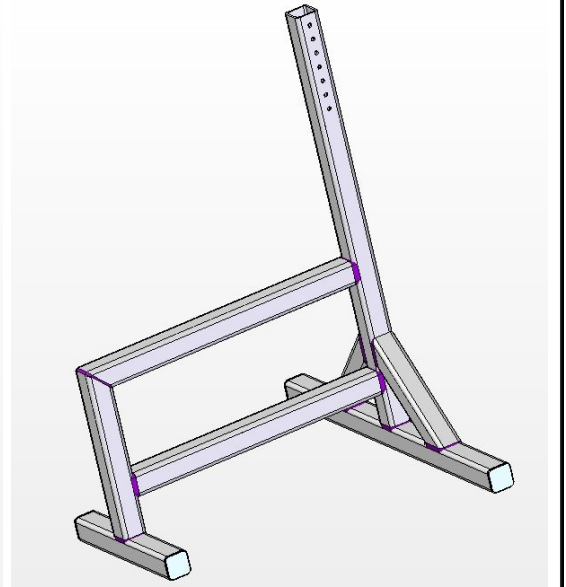
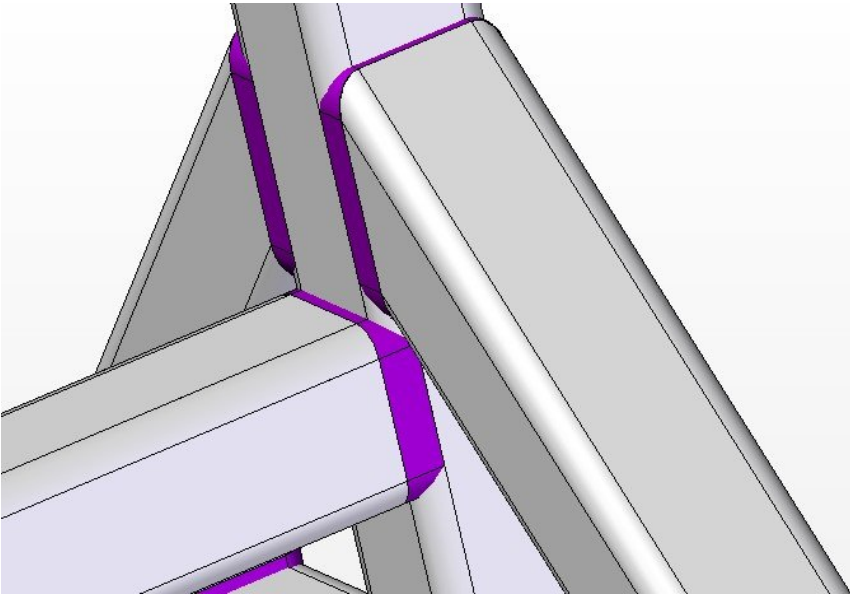
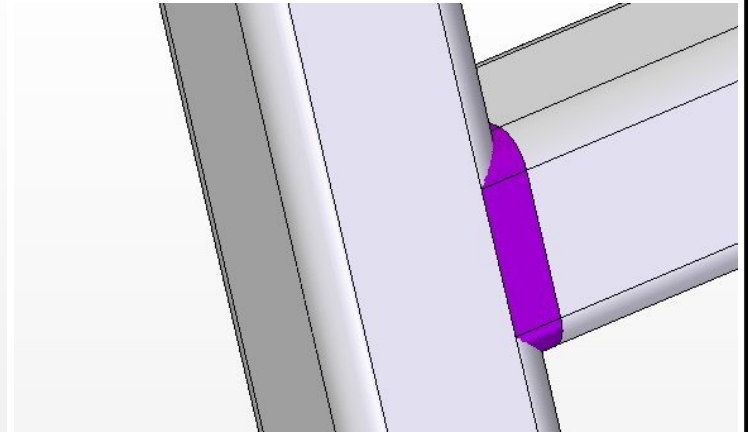
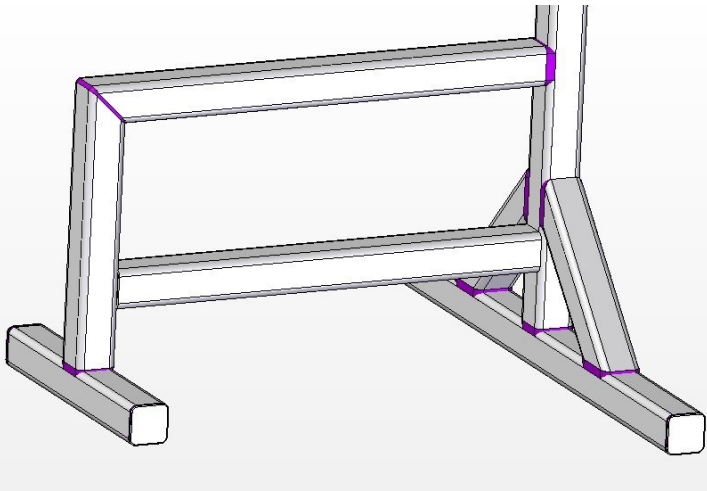




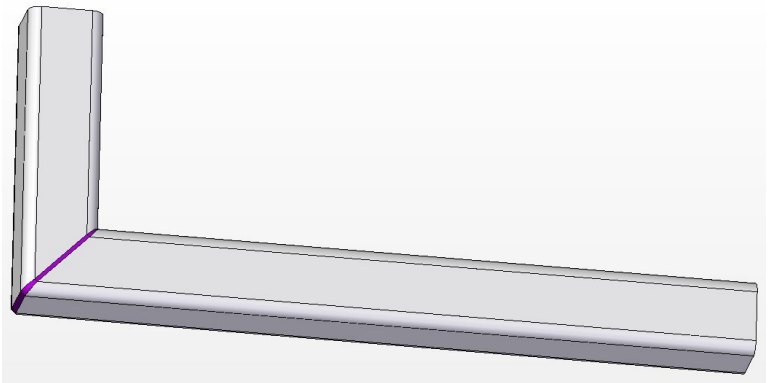
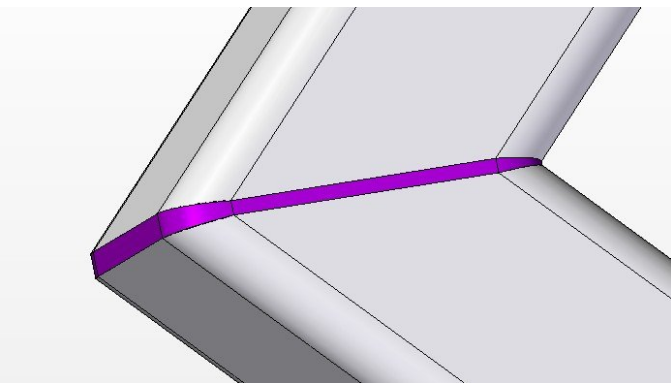
7.



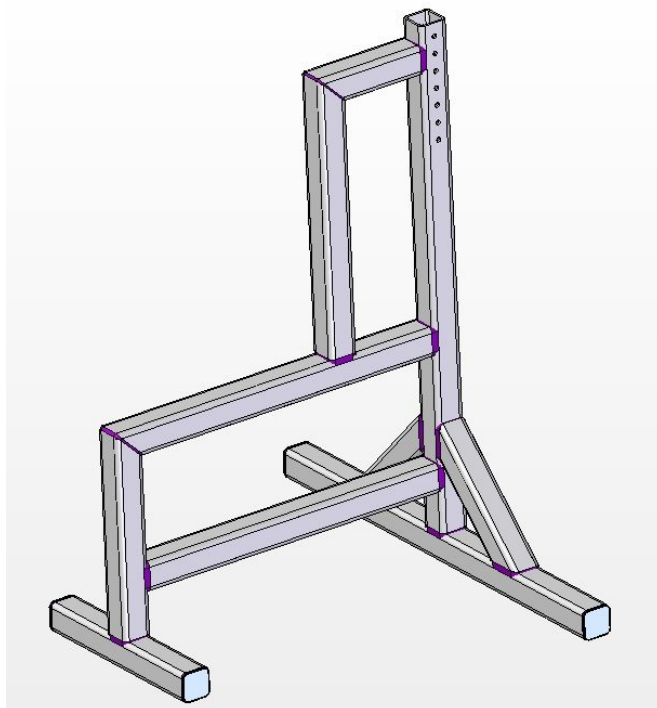
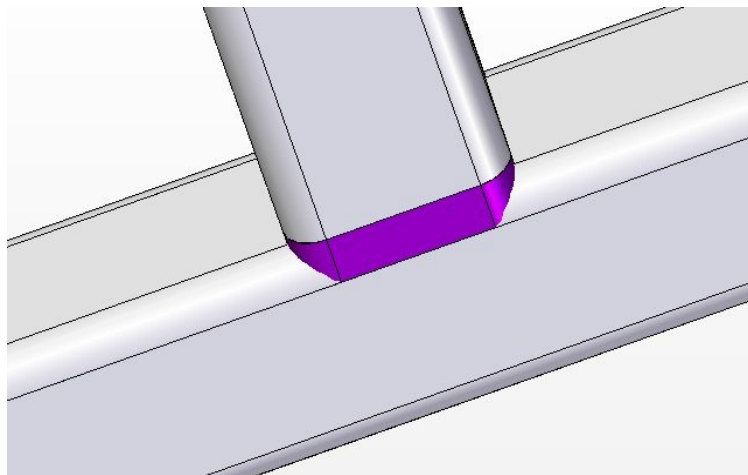
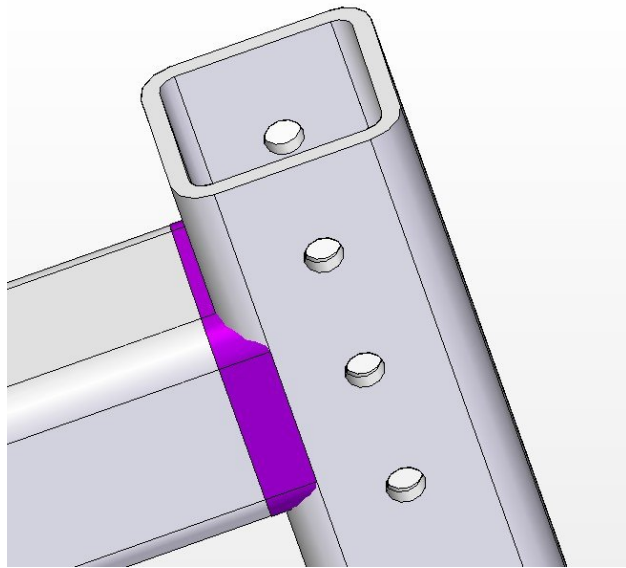
8.



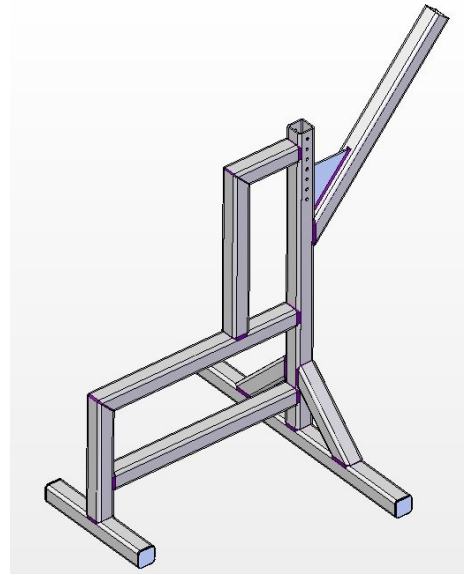
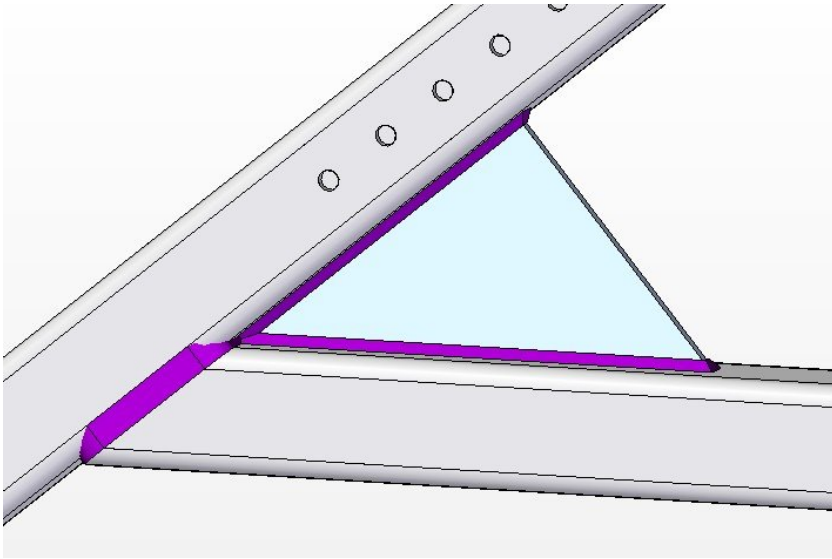
9.



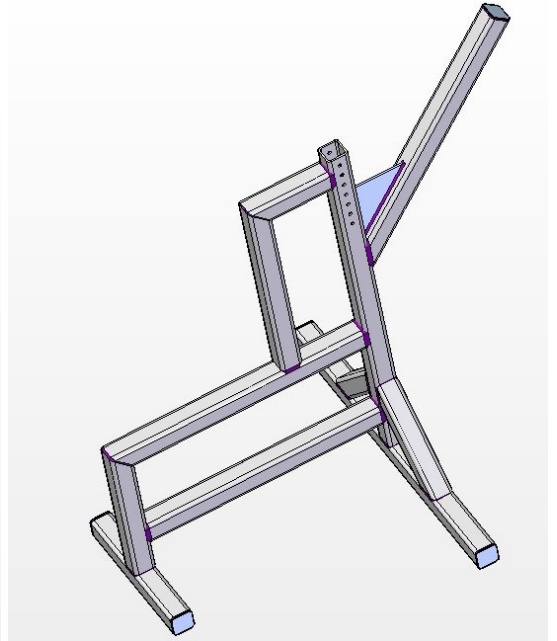
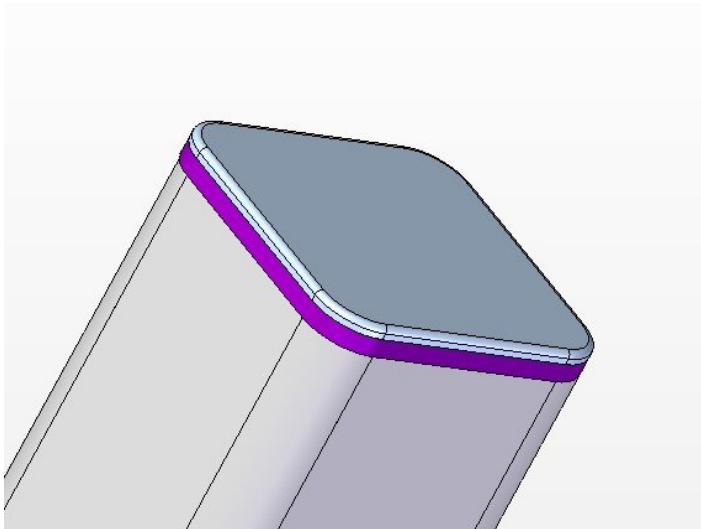
10.



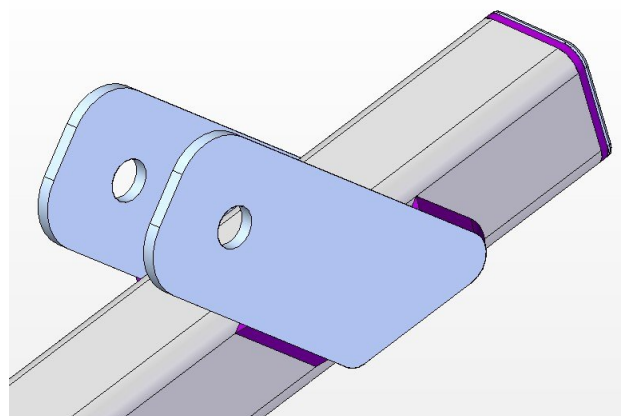
11.



12.

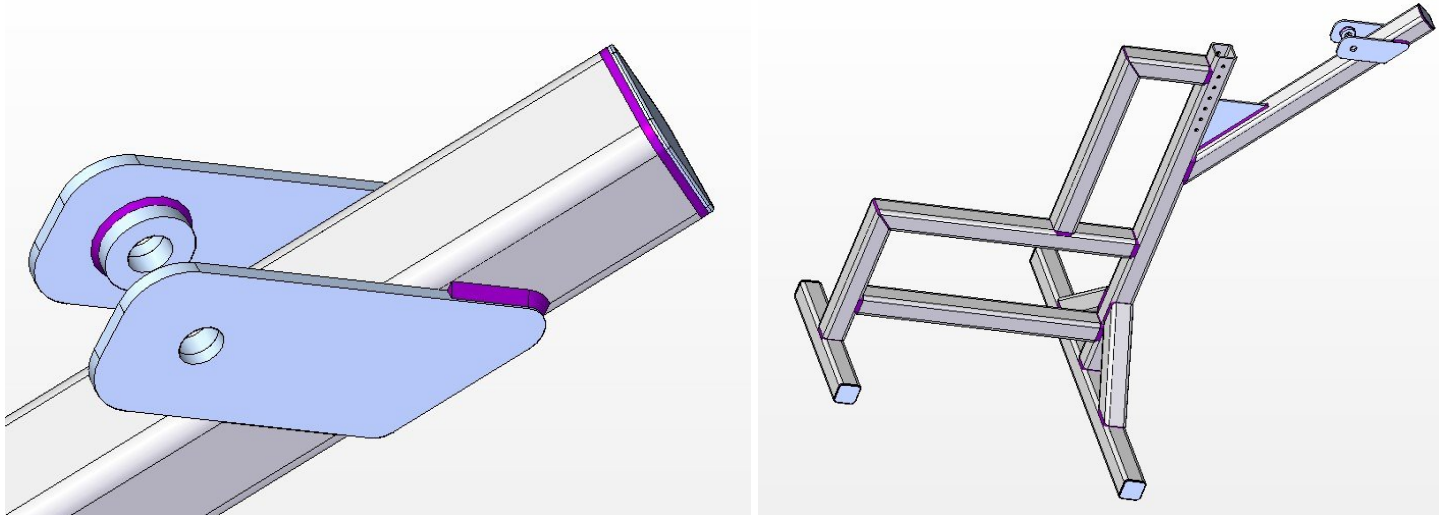


13.

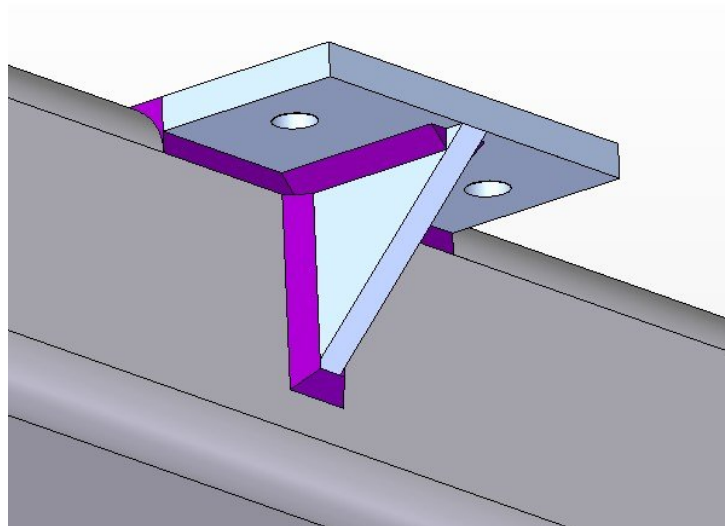




14.

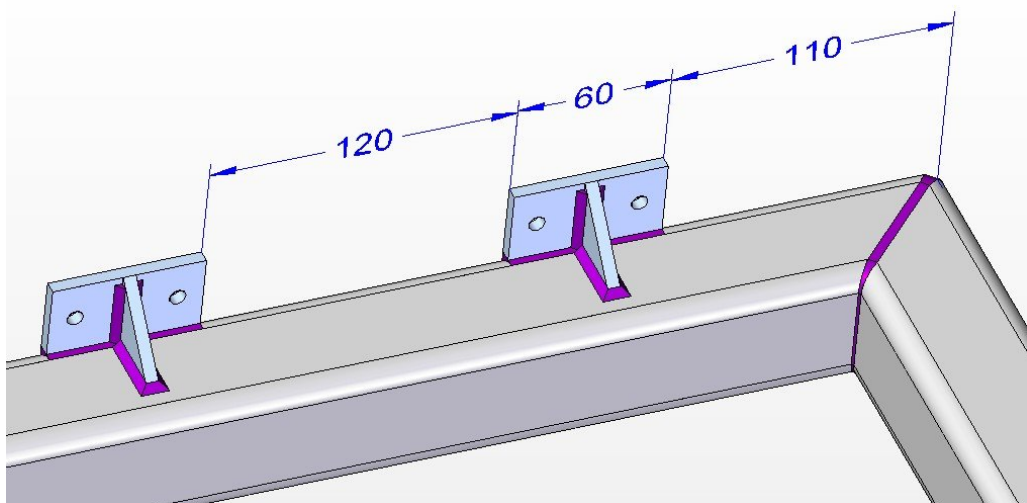


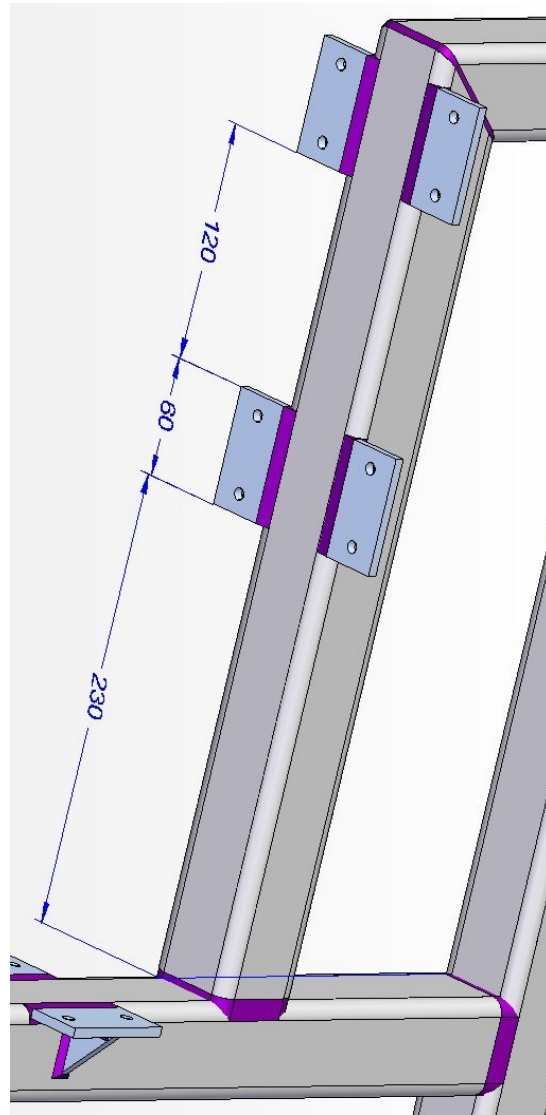
15.



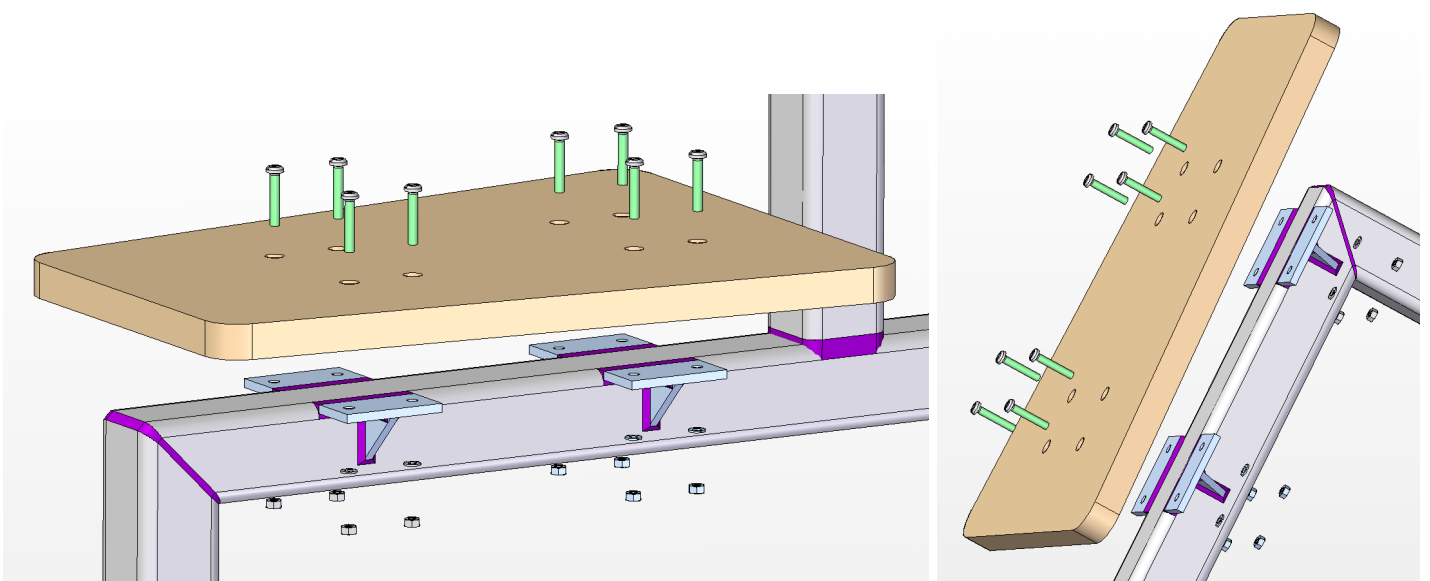
Make 8 of these sub-assemblies

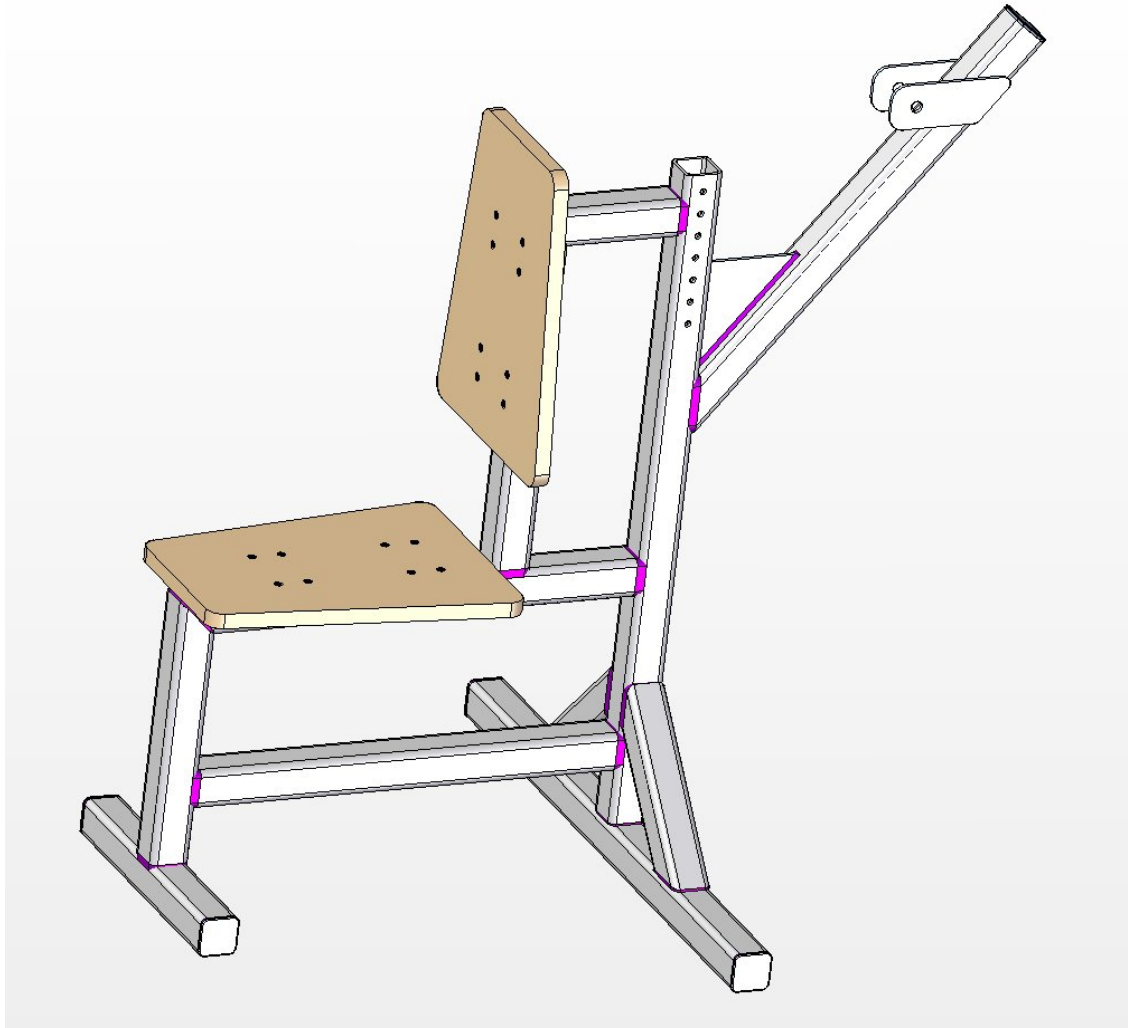
16.



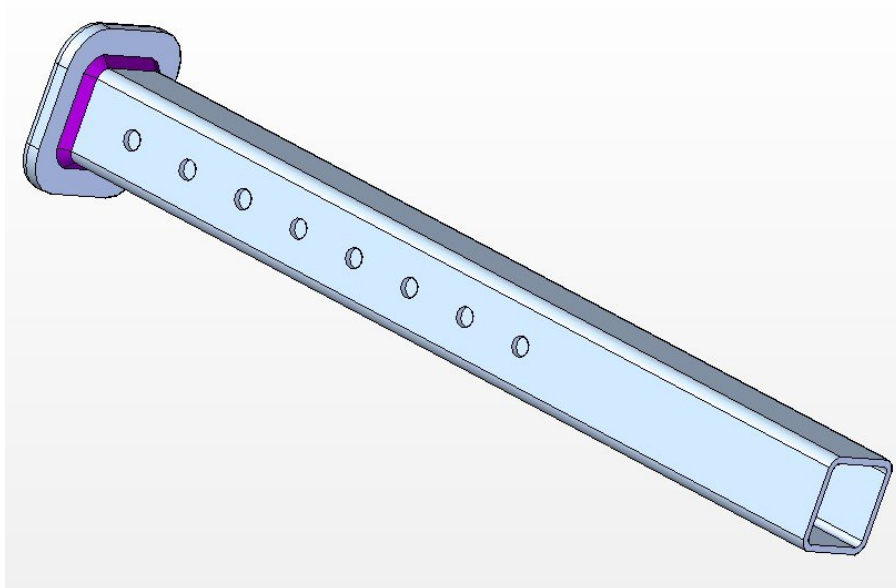


17.

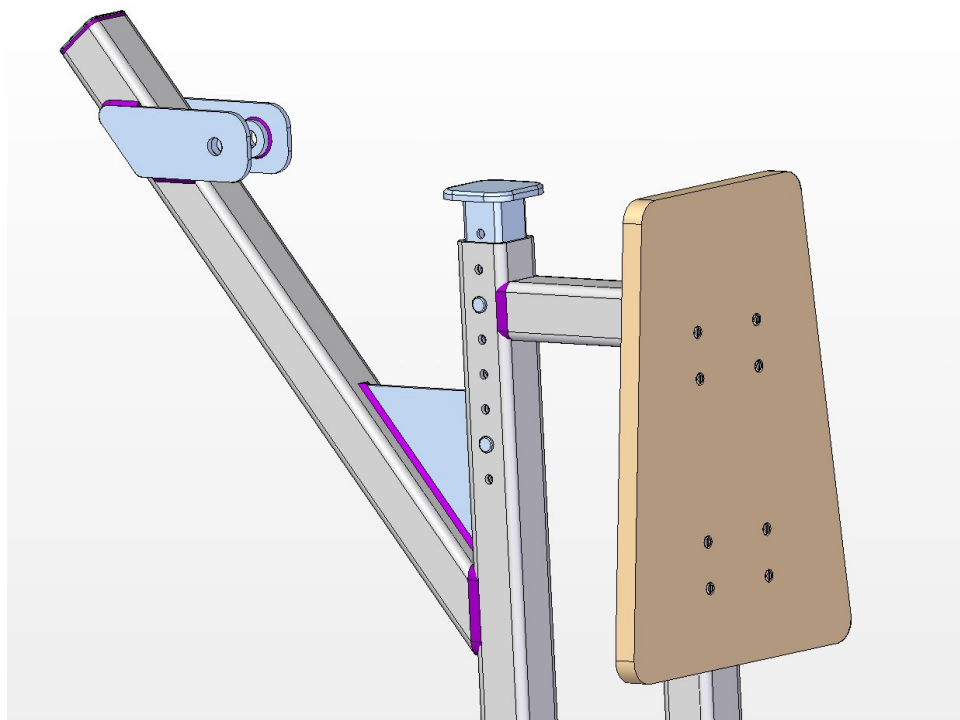
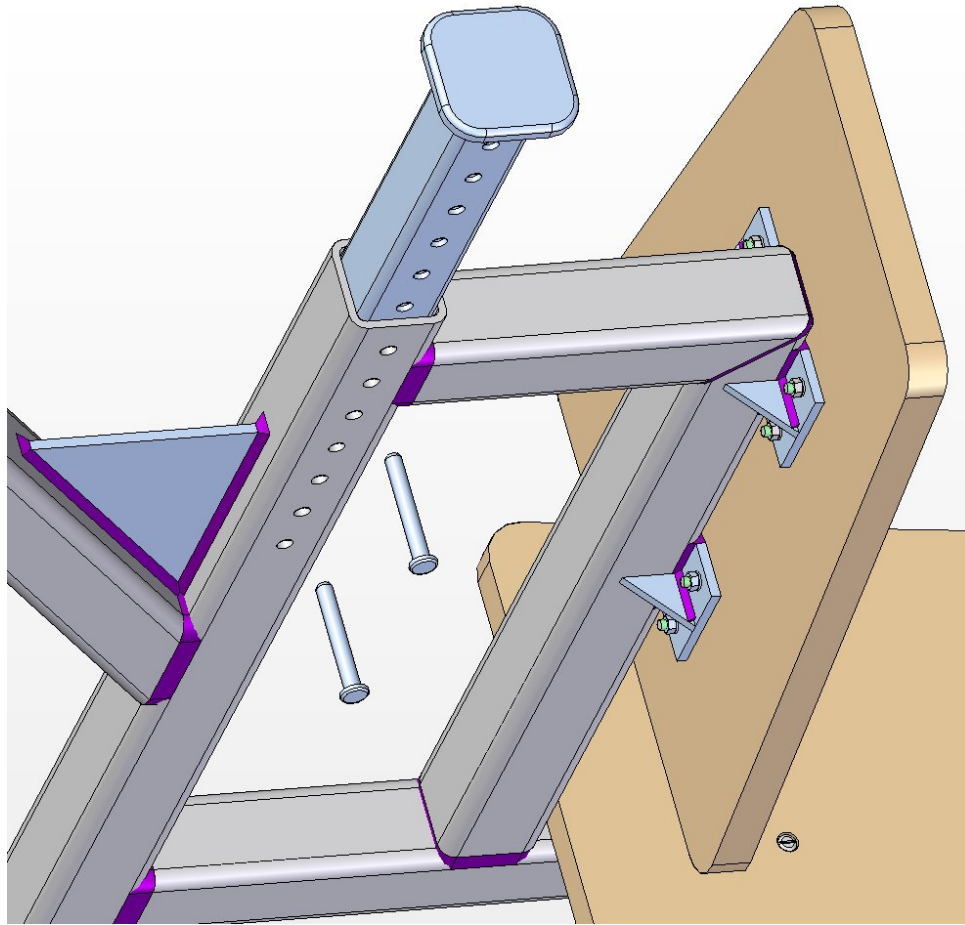




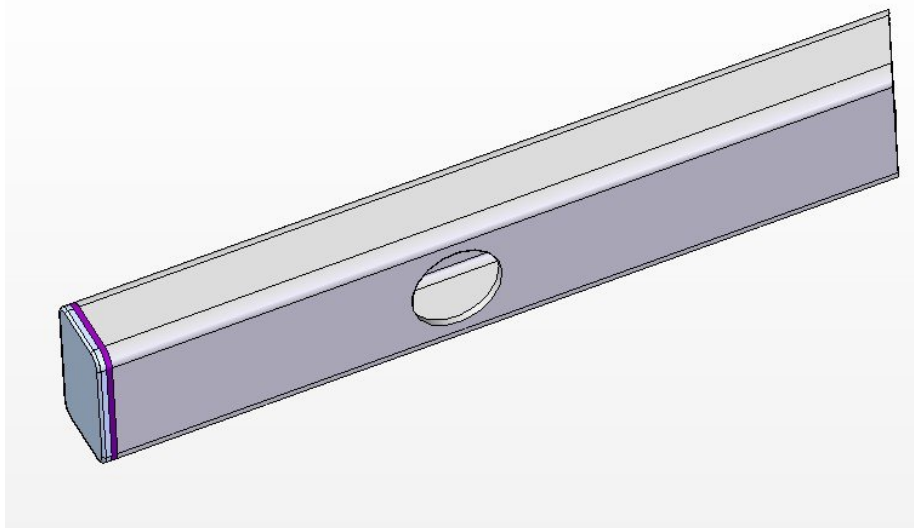
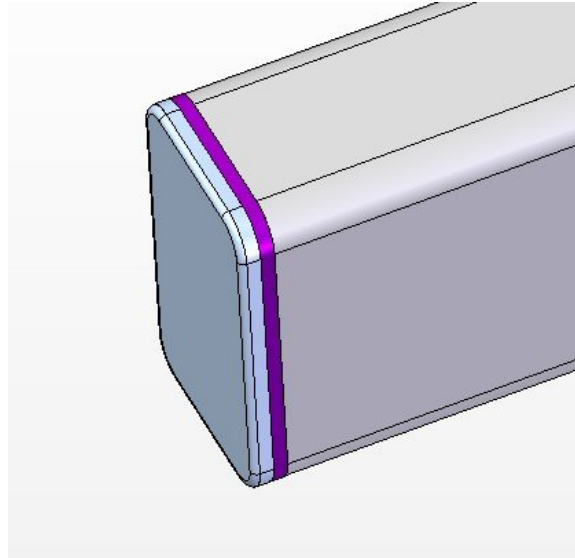
18.



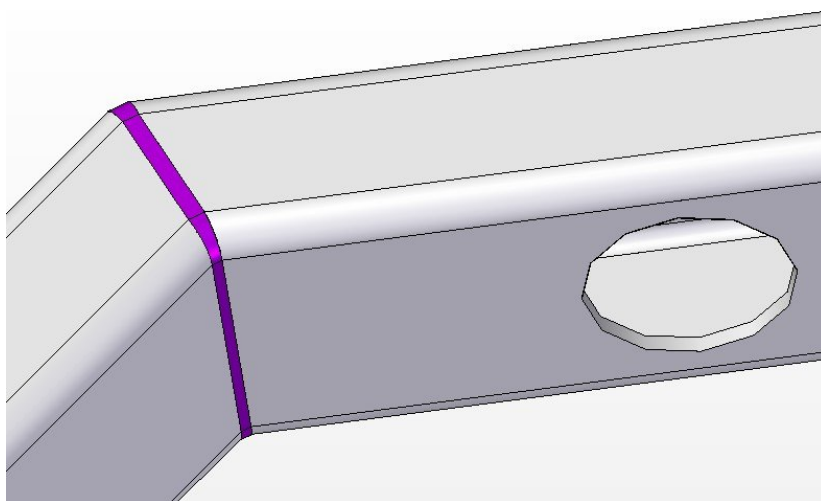
19.



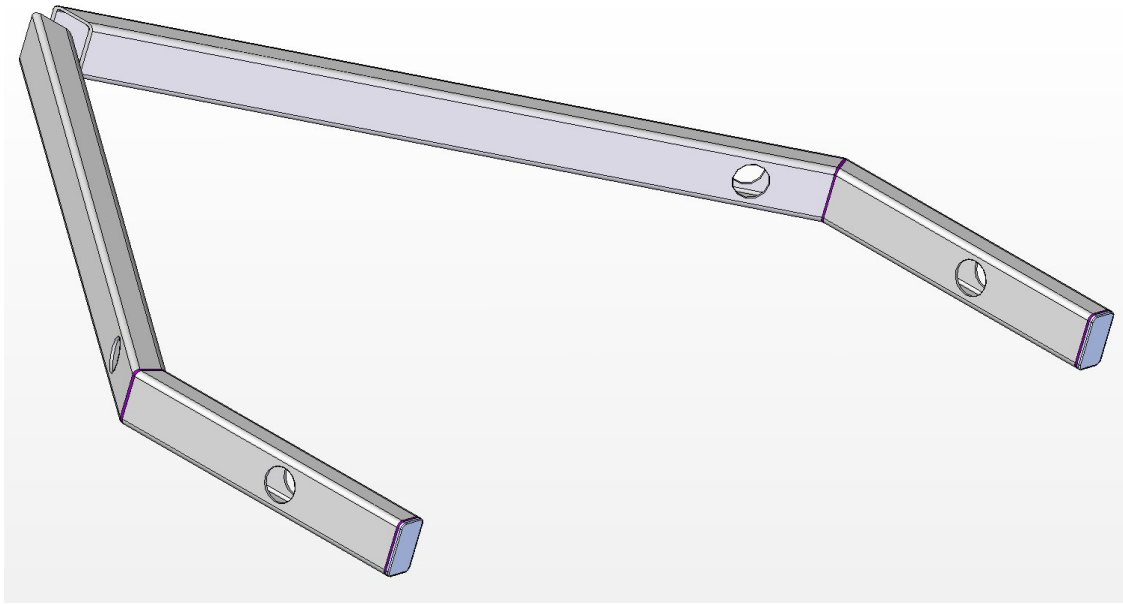
20.



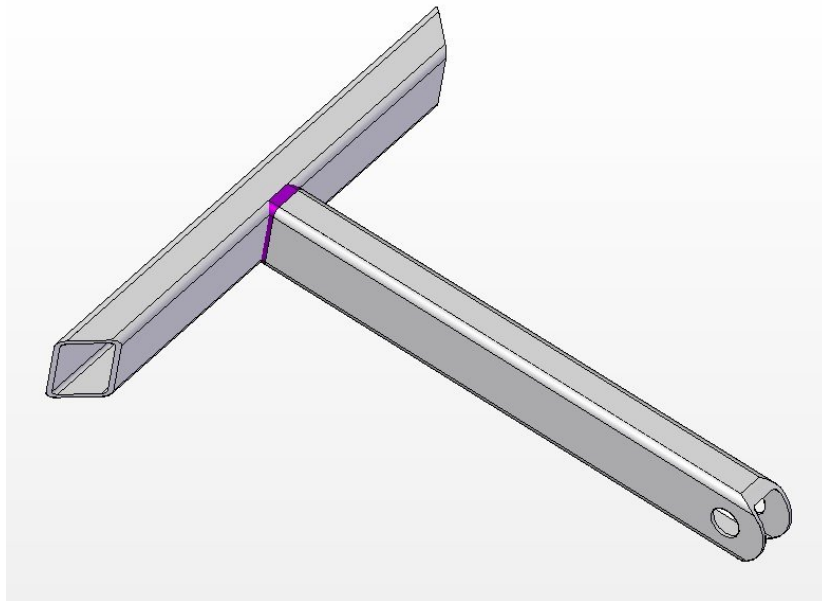
21.



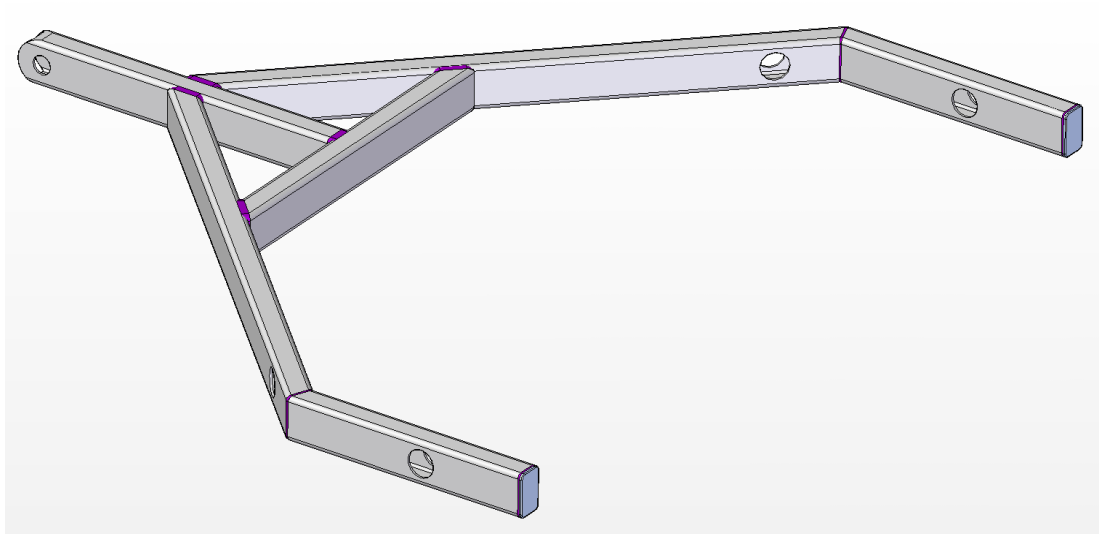
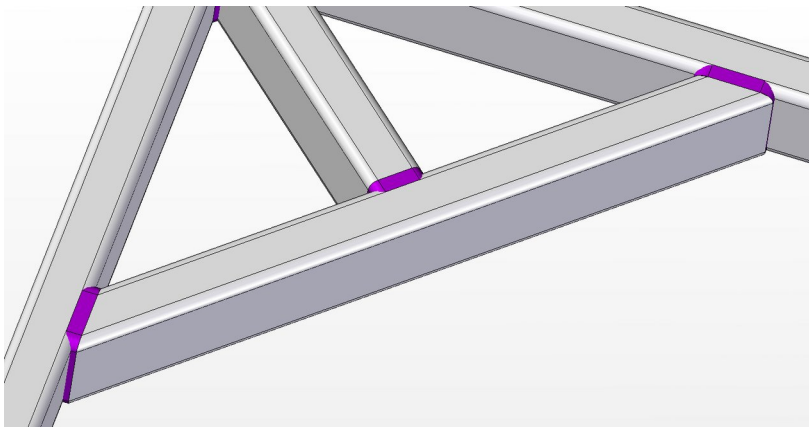
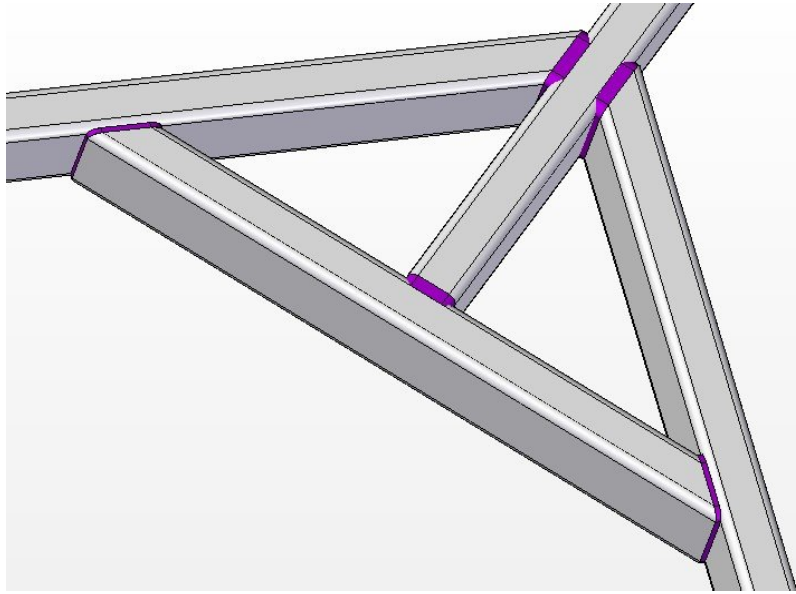
Make the two of these subassemblies



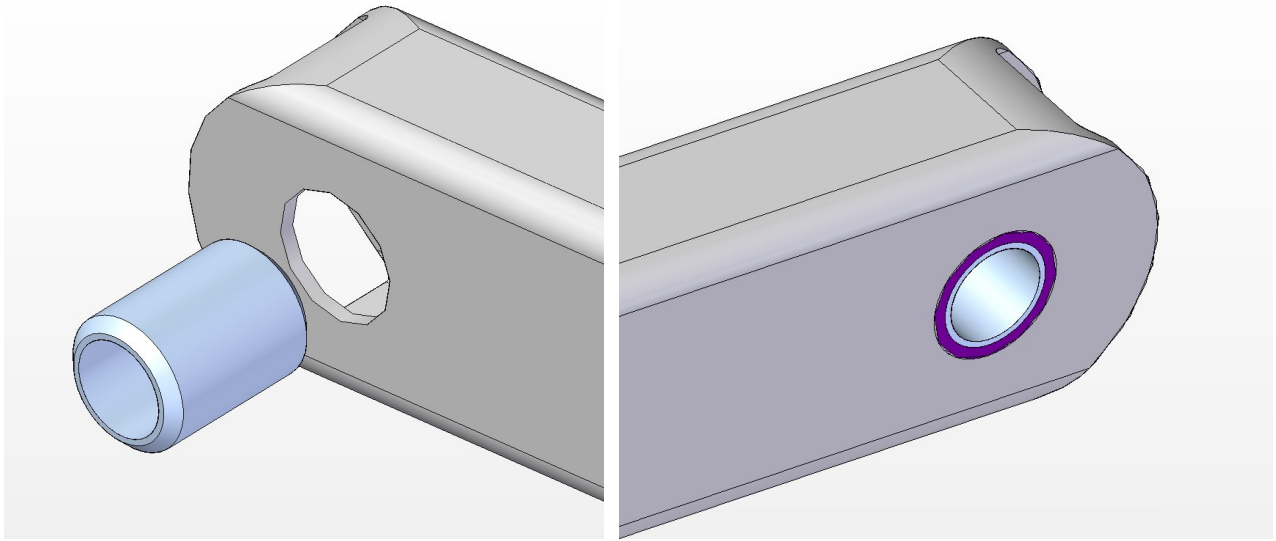
22.



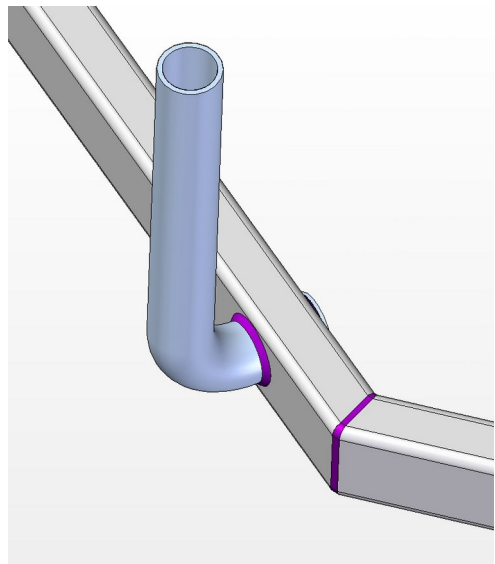
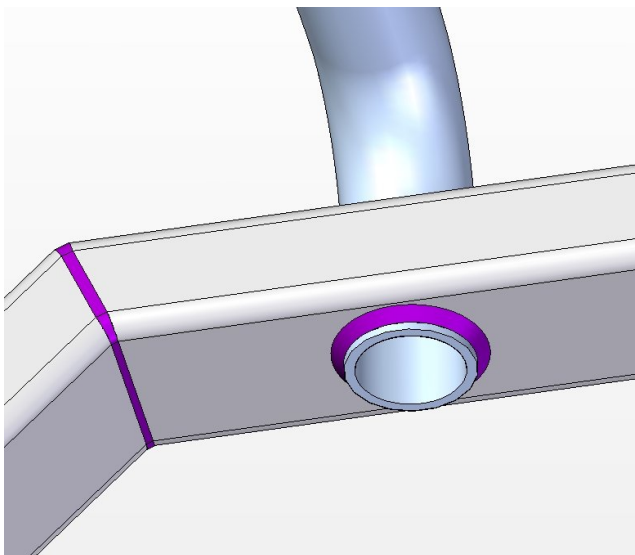
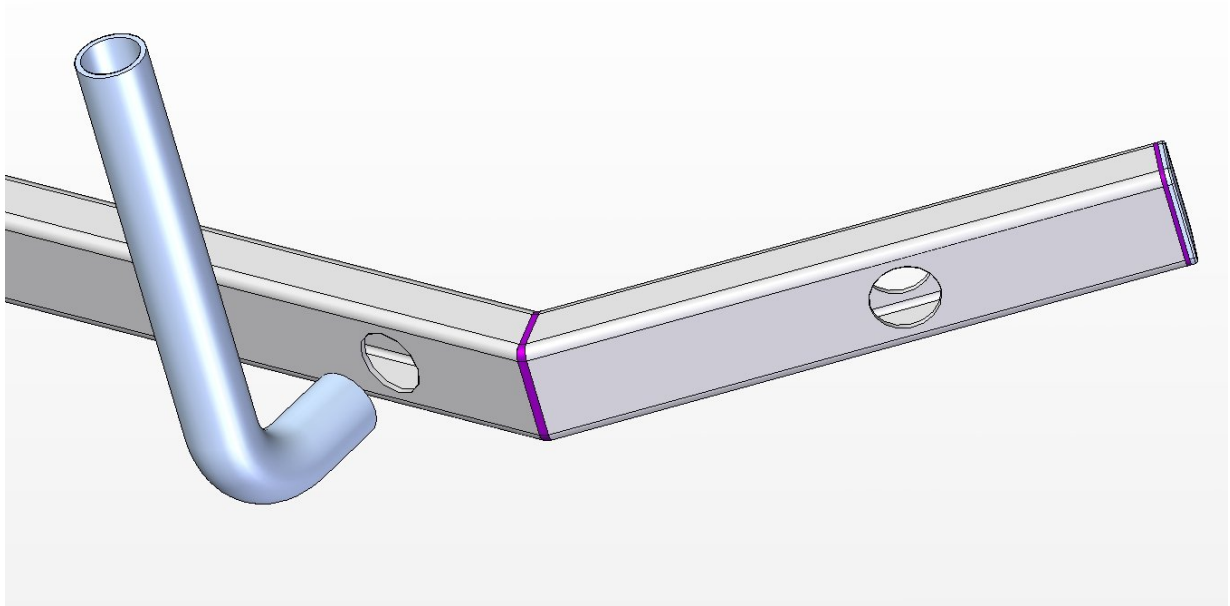
23.



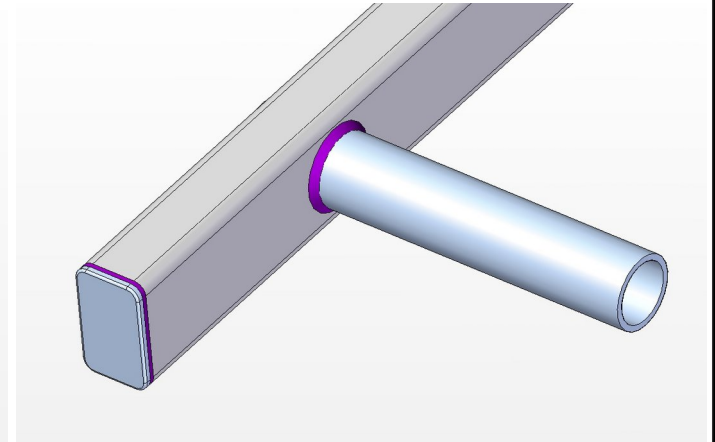
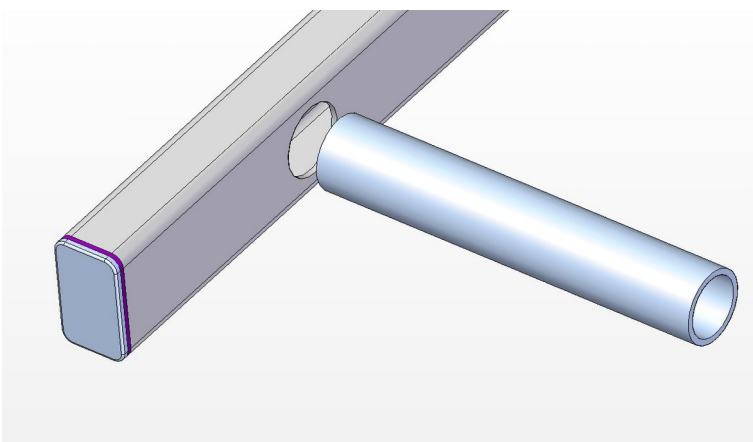
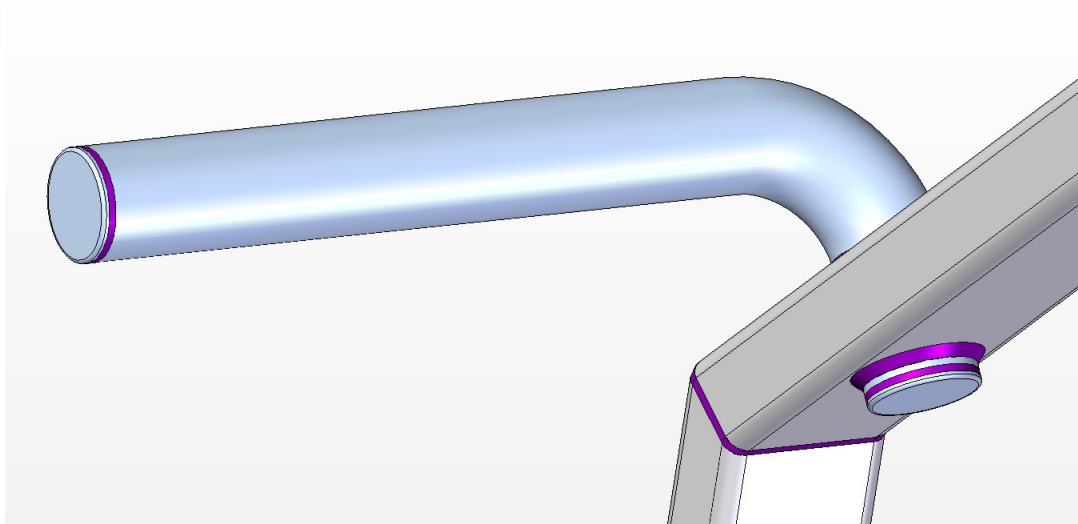
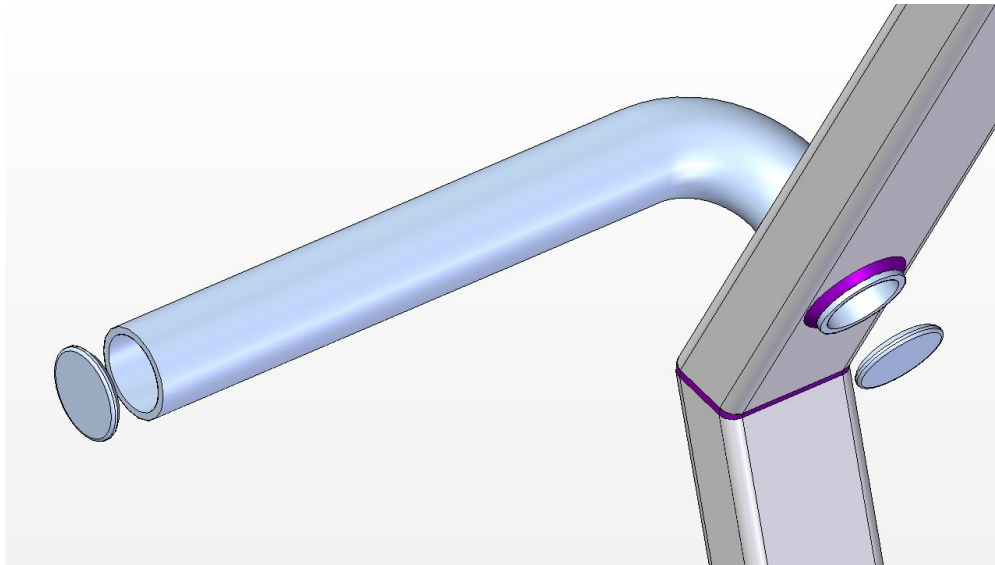
24.

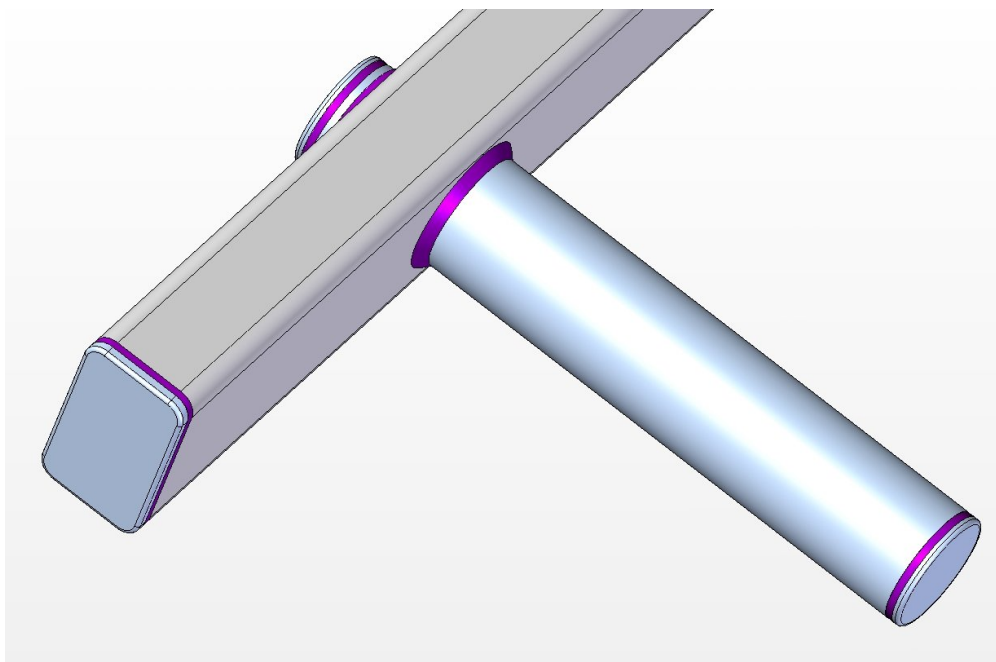
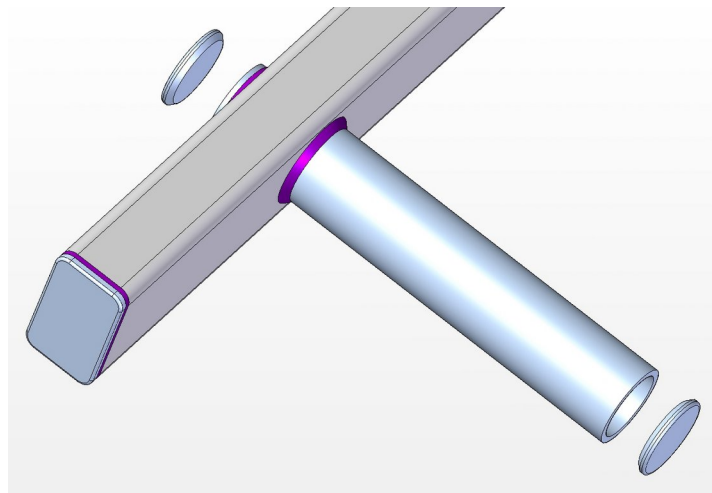
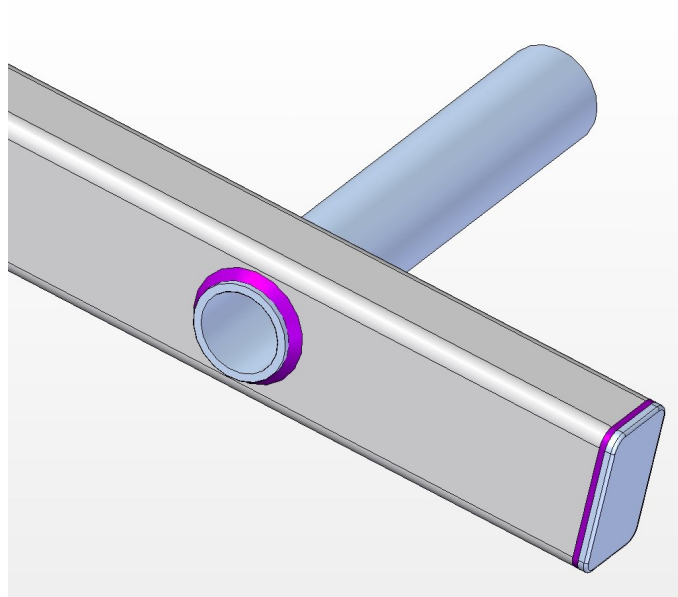


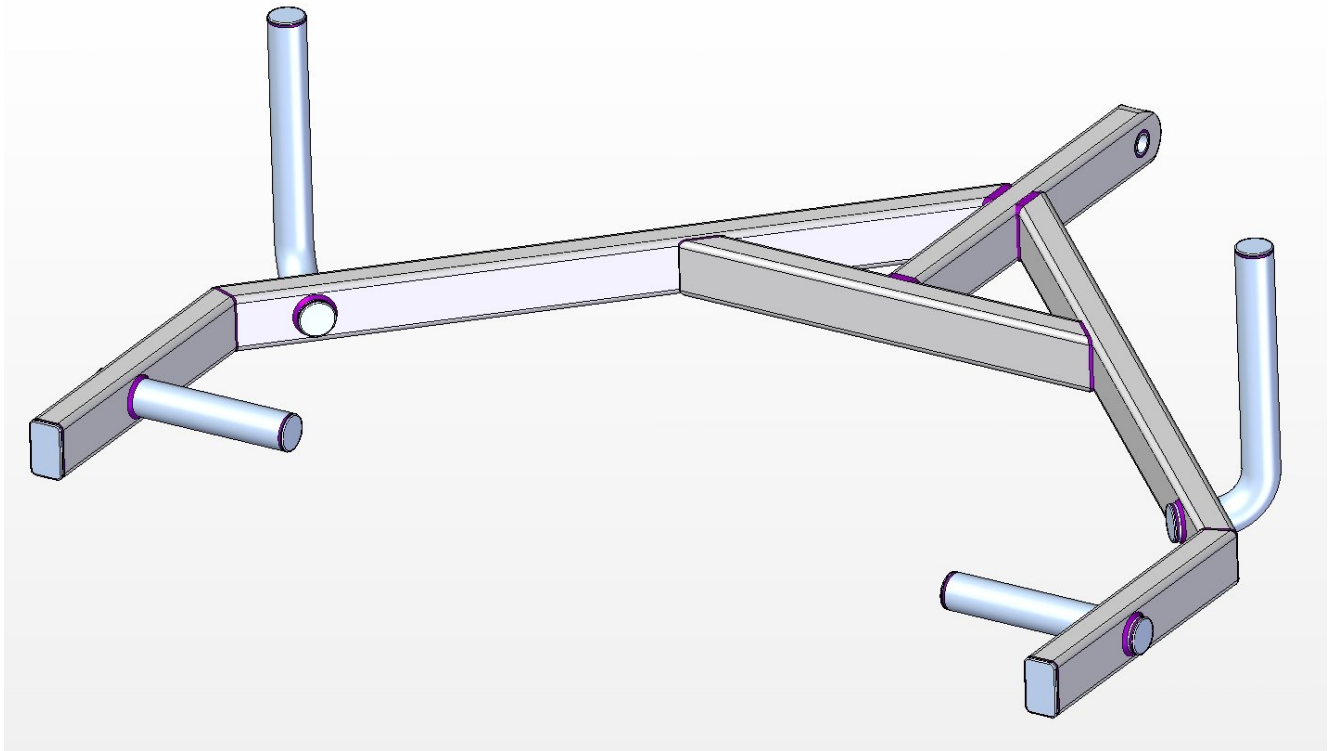
25.











26.

