

## SEATED TRICEP DIP

JPRBT - 402

Dual position handles provide increased size adaptability and variation in muscle isolation. Backrest is angled slightly forward for precise triceps isolation.



### FEATURES

- ◆ **Ergonomic Design:** Ensures proper alignment and minimizes joint strain.
- ◆ **Adjustable Seat:** Fits users of all heights for optimal form.
- ◆ **Smooth Resistance:** Delivers fluid, consistent motion.
- ◆ **Padded Support:** Cushioned armrests and seat for comfort.
- ◆ **Compact Size:** Ideal for home or commercial gyms.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 52 inches / 132 cms  
Width: 52 inches / 132 cms  
Height: 60 inches / 152 cms  
Weight: 576.9 lbs / 261.7 kg  
Weight stack: 220 lbs / 100 kg

**MUSCLE WORKED:** Triceps Brachii

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

