

INCLINE TRICEP EXTENSION

JPL - 149

Crafted to target and strengthen the triceps with precision, our Incline Tricep Extension is designed for optimal muscle engagement. It features an adjustable incline angle, ensuring optimal biomechanical alignment for effective muscle engagement. With a focus on load distribution on the arms, users can isolate and challenge the triceps effectively. Its ergonomic design and padded armrests provide stability and comfort during workouts, promoting proper form and reducing strain.



Scan Here
to Access the Video

FEATURES

- ◆ **Inclined Design:** Optimized for isolating triceps while reducing stress on joints.
- ◆ **Independent Arm Movement:** Enables unilateral or bilateral training for balanced muscle development.
- ◆ **Plate-Loaded System:** Provides customizable resistance for users of all fitness levels.
- ◆ **Adjustable Seat:** Ensures proper alignment and user comfort during exercises.
- ◆ **Smooth Motion:** Biomechanically optimized for fluid and natural tricep extension movements

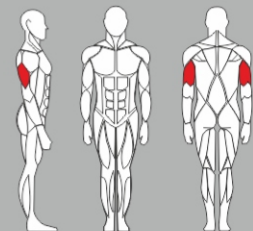
SPECIFICATIONS

DIMENSIONS:

Length: 46 inches/117 cms
Width: 66 inches/168 cms
Height: 60 inches/152 cms
Weight: 294.75 lbs/133.7 kg
Start Weight: 8.6 kg
Max Loaded: Single Side: 176 lbs/80 kg
Both Side: 352 lbs/160 kg

MUSCLE WORKED: Triceps Brachii

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



*Plates, barbell, attachments and accessories are not included and need to be bought separately.