

SEATED TRICEP DIP

JPBT - 402

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



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to Access the Video

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:

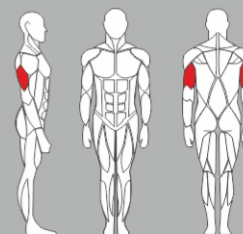
Length: 60 inches / 152 cms

Width: 44 inches / 112 cms

Height: 58 inches / 147 cms

Weight: 507 lbs / 230 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.