

## 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.







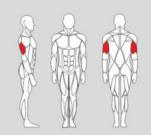
## **FEATURES**

- ◆ 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.