

SEATED TRICEP DIP

JCRBT - 102

Seated Tricep Dip is designed to isolate and strengthen the triceps through a controlled dipping movement. Dual-position handles provide greater user adaptability and allow variation in hand placement for targeted muscle engagement. A slightly forward angled backrest promotes proper positioning and helps maintain focus on the triceps throughout the exercise.



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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 78 inches / 198 cms
Width: 58 inches / 148 cms
Height: 62 inches / 157 cms
Weight: 546.9 lbs / 248.1 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Triceps Brachii

COLOURS AVAILABLE: Black.

