

## SEATED TRICEP DIP

JXBT - 402 - RBK - BL

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: 60 inches / 152 cms

Width: 44 inches / 112 cms

Height: 58 inches / 147 cms

Weight: 501.5 lbs / 227.5 kg

Weight stack: 220 lbs / 100 kg

**MUSCLE WORKED:** Triceps Brachii

**COLOUR AVAILABLE:** Dark Silver

