

SEATED TRICEP DIP

JPRBT - 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: 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

COLOUR AVAILABLE: Black.

