

TRICEPS EXTENSION

RS-1103

SPECS

PRODUCT DIMENSIONS (L X W X H)

66.00" X 59.00" X 57.75" (168 cm X 150 cm X 139 cm)

PRODUCT WEIGHT

557 lbs (253 kg)

WEIGHT STACK

180 lbs (82 kg)

FEATURES

- ◆ Functional movement for tricep muscles
- ◆ Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- ◆ Adjustable exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- ◆ Naturally mimics the exercise motion of the bar dip
- ◆ Ratcheting seat adjustment