

SEATED DIP

RS-2101



ADJUSTABLE SEAT HEIGHT



SPECS

PRODUCT DIMENSIONS (L X W X H)

60.00" X 49.75" X 54.75" (152 cm X 126 cm X 139 cm)

PRODUCT WEIGHT

616 lbs (279 kg)

WEIGHT STACK

255 lbs (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 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