

SEATED TRICEP DIP

JFBT - 4020

A seated Tricep dip is an effective strength-training machine that targets the tricep. It offers dual-position handles to increase size adaptability and variation in muscle isolation. Its comfortable backrest is angled slightly forward for precise triceps isolation and it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



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FEATURES

- ◆ **Ergonomic Design:** Ensures proper tricep engagement and comfort.
- ◆ **Adjustable Seat:** Spring-loaded pop-pin for height customization.
- ◆ **Compact Design:** Space-saving design suitable for gyms with limited space.
- ◆ **Easy-Grip Handles:** Non-slip handles for secure and effective workouts.
- ◆ **High-Density Upholstery:** Comfortable and durable padded seat and backrest.

SPECIFICATIONS

DIMENSIONS:

Length: 65 inches / 152 cms

Width: 44 inches / 112 cms

Height: 56 inches / 142 cms

Weight: 507 lbs / 230 kg

Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Triceps Brachii

COLOUR AVAILABLE: Black.

