

PE-163

Triceps Pushdown



PE-163
↗



Description :

- Adjustable seat pad allows users to select desired range of motion.
- Dipping movement targets triceps, deltoids, and pectoral muscles.
- Slight angle of backrest provides superior stability and muscle isolation.

Specifications :

- Width : 39" (99 cm)
- Height : 68" (173 cm)
- Length : 56" (142 cm)
- Weight : 440 lb (200 kg) optional: 545 lb (247 kg)
- Weight Stack : 205 lb (93 kg) optional: 310 lb (141 kg)