

SEATED DIP

RPL-5101



WIDE / NARROW
ANGLE GRIPS



HEIGHT ADJUSTABLE
SEAT



SPECS

PRODUCT DIMENSIONS (L X W X H)

72" x 52.75" x 52.25" (183 cm x 134 cm x 133 cm)

PRODUCT WEIGHT

305 lbs (138 kg)

MAX STORAGE

720 lbs (327 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ ROC-IT® technology provides the ideal movement for the triceps, replicating the exercise motion of a bar dip
- ◆ Starts the body in a slight forward lean, then rocks rearward to align the user with the path of the press arm
- ◆ Width adjustable exercise handles provide proper positioning and reduce excessive shoulder stress
- ◆ Generous built-in weight storage