

# TRICEPS EXTENSION

**RS-1103**



## 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

## SPECS

- Product Dimensions L x W x H:  
66.00" (168 cm) x 59.00" (150 cm) x 54.74" (139 cm)
- Product Weight: 557 lbs (253 kg)
- Weight Stack: 178 lbs (81 kg)