

PREACHER CURL / TRICEPS EXTENSION

HD-3100



TRICEPS EXTENSION



PREACHER CURL



LOWER BACK SUPPORT ON SEAT



MULTIPLE GRIP OPTIONS



SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
51.0" x 48.5" x 55.0" (129 cm x 123.1 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**
476 lbs (216 kg)
- ◆ **PRODUCT WEIGHT HDG**
510 lbs (231 kg)
- ◆ **WEIGHT STACK HD**
190 lbs (86 kg)
- ◆ **WEIGHT STACK HDG**
225 lbs (102 kg)

FEATURES

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises