

SEATED DIP

RPL-5101



WIDE/NARROW ANGLE GRIPS



HEIGHT ADJUSTABLE SEAT

FEATURES

- Functional movement for triceps 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 a bar dip

SPECS

- Product Dimensions L x W x H:
72.00" (183 cm) x 52.75" (134 cm) x 52.25" (133 cm)
- Product Weight: 327 lbs (149 kg)
- Max Storage: 720 lbs (327 kg)
- Max Capacity: 800 lbs (363 kg)

(Weight plates NOT included)