

## SEATED DIP

RS-1101



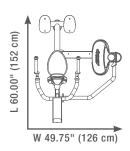


## **FEATURES**

- · Functional movement for triceps muscle
- Starts the body in a slight forward lean, then rocks rearward to a stable exercise position
- Pivoting exercise handles provide proper positioning and reduce excessive shoulder stress and instability
- · Naturally mimics the exercise motion of a bar dip
- · Ratcheting seat adjustment

## SPECS

- Product Dimensions L x W x H 60.00" x 49.75" x 54.75" (152 cm x 126 cm x 140 cm)
- Product Weight 616 lbs. (279 kg)
- Weight Stack
  345 lbs. (157 kg)



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