

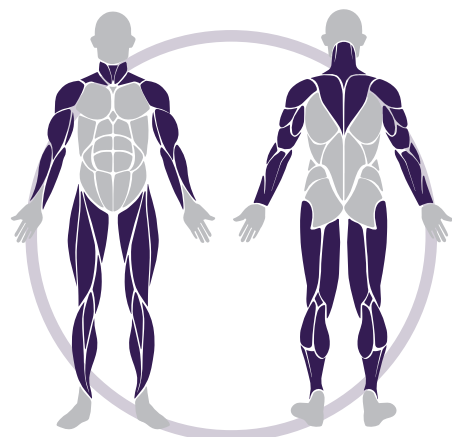
DATA SHEET

# TRICEPS DIP & LEG CURL



An advanced multifunctional machine combining eight different functions that exercise six different body parts. Upper body functions include an arm curl and bicep extension combination for the front of the upper arm.

A change of grip gives a reverse curl and triceps pushdown for the back of the upper arms. An upright row and reverse row for the trapezius and neck muscles is also possible as is a leg extension for the quadriceps and a leg curl for the hamstrings. The leg curl is particularly effective at tightening the gluteal muscles of the hip. Combined functions develop shape and strength in the arms, legs and shoulders, improves posture by working the rhomboidus muscles and improve joint mobility in the shoulders, elbows and knees.



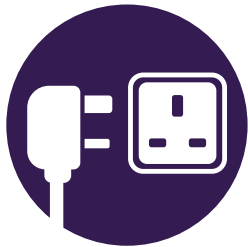
### Targeted areas:

Neck, Upper & Lower Arms, Shoulders, Legs, Knees.

## Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



### Dimensions:

W109cm x D127cm x H126cm



### Weight:

101.2kg



### Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



### Panels:

Side Panels: High impact resistant ABS plastic



### Upholstery:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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