

Perform Series, Seated Dip

The unique linear motion path, and adjustable handle positions of the Perform Series Tricep Dip, ensure complete activation and isolation of the tricep muscles. Tricep dips are often too challenging for beginner lifters, making the Seated Dip a perfect alternative. The angled seat ensures correct form throughout the entire movement and the Seated Dip removes the injury risk associated with tricep dips.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Seat



Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat for user comfort and to allow easy operation
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	91kg 200lbs
Product Weight	142.5kg 314lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 179.4 x W 126 x H 150.6 cm L 70.6 x W 49.6 x H 59.2 inches

Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•