

Platinum Series, Seated Dip

The unique linear motion path, and adjustable handle positions of the Platinum Series Seated Dip, ensures 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. With innovative features the exercisers can tailor the equipment experience to suit their need. While clean lines and subtly rounded tubing create an elegantly modern design and premium look, perfect for any fitness setup.



Adjustable Seat Pad

Handles



Instructions Placard

Space-efficient Design

Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat
Upholstery	Black moulded PU foam
Tubing	3mm thick, electrostatic powder-coated steel tubing
Weight Stack	91kg 200lbs
Product Weight	133kg 294lbs
Dimensions	L 142 x W 130 x H 156 cm L 56 x W 51 x H 61.5 inches

Key Features

Space-efficient / Low profile design	•
Strong, durable and high-quality frame - 3mm thick electrostatic powder-coated steel tubing	•
Anti-corrosion coated and polished steel guide rod - prevents rusting and ensures smooth motion	•
Injection moulded translucent shroud (3.2mm) ensures ultra durability and non-deformation	•
Patented ergonomic polyurethane handle design and moulded polyurethane foam upholstery - ensures user comfort and safety	•
Signature cable and belt drive mechanisms - ensures ultra durability and long service life	•
Patented 3-linkage seat adjustment - accommodates users of all size	•
Weight stack - 5lbs increments to meet users specific requirements	•
All Dynamic components are sheilded for safety purposes	•