

## SEATED DIP

RS-1101



### FEATURES

- Functional movement for tricep 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 the bar dip
- Ratcheting seat adjustment

### SPECS

- Product Dimensions L x W x H:  
60.00" (152 cm) x 49.75" (126 cm) x 54.75" (140 cm)
- Product Weight: 616 lbs (179 kg)
- Weight Stack: 345 lbs (157 kg)