

# Tricep Pressdown Rope (Double)

SKU: **GG-CA-001**



Enhance upper body and core training with the Tricep Pressdown Rope. Designed to isolate the triceps, biceps, and abs, this cable attachment adapts to your natural grip position, offering a more targeted and comfortable workout than solid bar alternatives. Ideal for any home or commercial gym.

## Key Features

- Flexible double-rope design for dynamic movement and grip adaptability
- Targets triceps, biceps, shoulders, and core
- Heavy-duty construction for commercial-grade durability
- Compatible with all standard cable machines

## Technical Specifications

|                |       |
|----------------|-------|
| Weight         | 5 kg  |
| Length / Depth | 30 cm |
| Height         | 5 cm  |
| Width          | 10 cm |

