





Perform Series, Seated Dip

SKU: **GG-PERFORM-012**

The Perform Series Seated Dip delivers safe and controlled tricep training, making it a reliable alternative to bodyweight dips. Its linear motion and adjustable handles ensure maximum muscle activation, while the angled seat maintains correct posture and minimises joint stress for a comfortable, effective workout.

Key Features

- 3mm thick D-shape and racetrack frame tubing for long-lasting durability
- 3.2mm translucent ABS shrouds for impact and shock resistance
- High-density poly-foam upholstery with reinforced double stitching
- American Loos™ nylon-coated cable tested for over 250,000 cycles
- Adjustable seat for optimal positioning and comfort
- Ergonomic TPV handlebars with aluminium end stops for secure grip
- Shielded dynamic components and precision pulleys for smooth motion
- Built-in bottle holder for added convenience
- Fully compliant with EN957 safety standards

Technical Specifications

Weight	261.3 kg	**Weight Stack**	91 kg
Length / Depth	179.4 cm	**Pin Select**	Yes
Height	150.6 cm		
Width	126 cm		
Frame Weight	142.5 kg		