



Pro Series, Tricep Press

SKU: **GG-PRO-109**

Focused tricep training made simple, the Pro Series Tricep Press combines smooth resistance with secure positioning for controlled arm development. The adjustable seat and easy selector pin system ensure fast customisation, keeping workouts efficient and consistent.

Key Features

- Targets the triceps for isolated strength building
- 45-degree angled arm pad provides stability and support
- Vertically aligned handlebars with anti-slip shield for proper form
- Adjustable seat to suit different user heights and arm lengths
- Quick selector pin adjustments for hassle-free weight changes

Technical Specifications

Weight	175 kg	Weight Stack	72.5 kg
Length / Depth	108 cm	Pin Select	Yes
Height	153 cm		
Width	103 cm		
Frame Weight	91 kg		

