



Pro Series, Seated Dip

SKU: **GG-PRO-114**

Designed for controlled tricep training, the Pro Series Seated Dip targets the triceps and serratus anterior muscles with a stable and supportive setup. The adjustable seat and selector pin weight system make it easy to customise for different users and training intensities. T-shaped handlebars reduce arm pressure during movement, while the negatively angled backrest offers enhanced support and posture control throughout the exercise. This machine combines comfort, safety, and performance in one compact unit.

Key Features

- Targets triceps and serratus anterior muscles
- T-shaped handlebars reduce pressure on the arms
- Negative angled backrest for improved support and positioning
- Adjustable seat pad for different user heights
- Selector pin for easy weight adjustment



Technical Specifications

Weight	200.1 kg	Weight Stack	91 kg
Length / Depth	123 cm	Pin Select	Yes
Height	153 cm		
Width	121 cm		
Frame Weight	97.5 kg		

