



Pro Series Plate Loaded, Bicep Triceps

SKU: **GG-PRO-PL-112**

Train chest and triceps with control on the Pro Series Plate Loaded Bicep Tricep. Compact and efficient, it delivers smooth movement and angled weight horns for easy plate loading, making it a space-saving strength solution.

Key Features

- Targets pectoralis major and triceps for upper body strength
- Compact design saves valuable floor space
- Angled weight horns allow quick plate changes
- Longer pushdown handle suits a wide range of users
- Quick-adjust seat reduces downtime between sets
- Protective barbell tube cover enhances durability of weight horns
- Limiting mechanism ensures safe, controlled training

Technical Specifications

Weight	47.3 kg	Plate Loaded	Yes
Length / Depth	109.8 cm		
Height	109.8 cm		
Width	70.8 cm		
Frame Weight	47.3 kg		
Start Weight	1.4 kg		
Loading Capacity	200 kg		

