

PREACHER CURL / TRICEPS EXTENSION

HD-3100

TRICEPS EXTENSION



PREACHER CURL



LOWER BACK
SUPPORT ON SEAT



MULTIPLE GRIP OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

51.0" x 48.5" x 55.0" (129 cm x 123.1 cm x 140 cm)

PRODUCT WEIGHT HD

476 lbs (216 kg)

PRODUCT WEIGHT HDG

510 lbs (231 kg)

WEIGHT STACK HD

190 lbs (86 kg)

WEIGHT STACK HDG

225 lbs (102 kg)

FEATURES

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises