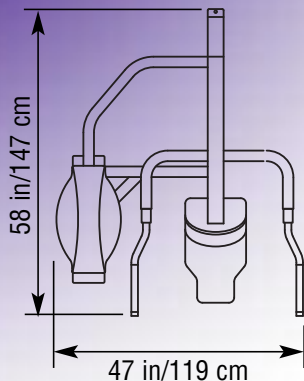


# PS-212 Triceps Press

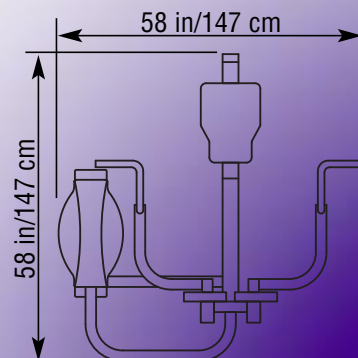
- Biomechanically correct bench seat design allows you to fully concentrate on the arm extension
- Twist-n-lock wide or narrow hand grips
- Dual-linkage gas assist seat adjustment
- 300 lbs. steel weight stack/200 lbs. resistance



Ht: 55 in/140 cm  
SH Wt: 600 lb/272 kg



- Multiple start positions for accurate shoulder alignment with the axis of rotation
- Unique handle design for control and stability throughout the arm rotation exercise
- Dual-linkage gas assist seat adjustment
- 200 lbs. steel weight stack/100 lbs. resistance



Ht: 55 in/140 cm  
SH Wt: 600 lb/272 kg

# PS-213 Deltoid Press