

# Tricep Dip & Leg Curl

DATA SHEET



## TARGET AREAS:

Neck, Upper & Lower Arm, Shoulder, Legs, Knee.

## DESCRIPTION:

An advanced multifunctional machine combining eight different functions that exercise six different body parts. Upper body functions include an arm curl and bicep extension combination for the front of the upper arm. A change of grip gives a reverse curl and tricep pushdown for the back of the upper arms. An upright row and reverse row for the trapezius and neck muscles is also possible as is a leg extension for the quadriceps and a leg curl for the hamstrings. The leg curl is particularly effective at tightening the gluteal muscles of the hip.

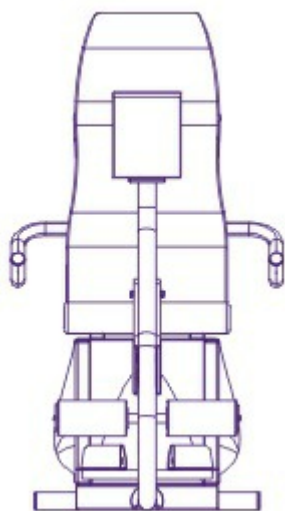
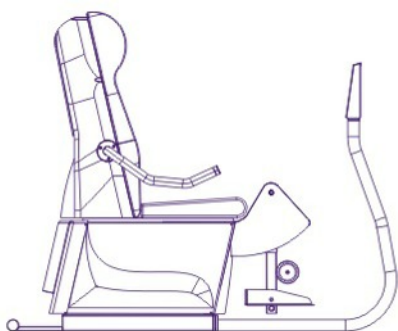
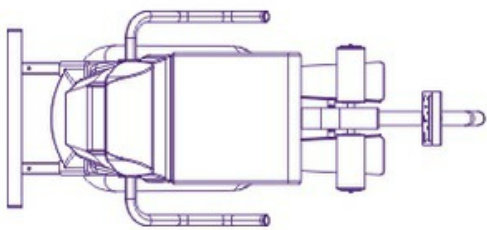
Combined functions develop shape and strength in the arms, legs and shoulders, improves posture by working the rhomboidus muscles and improve joint mobility in the shoulders, elbows and knees.

## KEY FEATURES

- Dual function of upper and lower extremity
- Upright design for easy access and optimum utilisation of Space
- Power assisted (plug and play installation)
- Choice of 4.3" or 7" touch screen console offering both manual or programme options



# Technical Specification



Dimensions	
Width	95cm
Depth	120cm
Height	132cm
Weight	91kg
Electrical Specification	
Voltage	220V/240V (110V-USA)
Amps	3 Amps per Table
Plug Cable Length	1.5 metre
Upholstery	
Side Panels	High impact resistant ABS plastic
Covers	Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2



**easytone** POWER ASSISTED EXERCISE



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