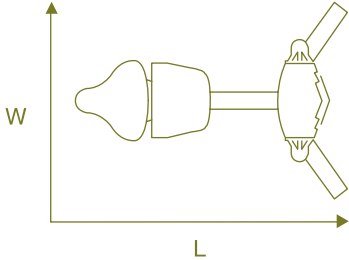




selectorized OVERHEAD TRICEP



specifications	GZFM6019			
<p>effective resistance: 1 arm - 75 lbs. (34 kg) 2 arms - 150 lbs. (68 kg)</p> <p>configuration: 5 - 50 x 5 lbs. (2.25 - 22.75 x 2.25 kg) 60 - 150 x 10 lbs. (27.25 - 68.25 x 4.5 kg)</p>	<p>US / METRIC L - 48" / 122 cm W - 36" / 92 cm H - 73" / 185 cm</p> <p>450 lbs. / 205 kg</p> <p>cable diameter: 3/16-inch rated to 2,000 lbs.</p>			

Swivel Pulleys - Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

Independent Arm Movement - Handles move independently for a wide variety of triceps exercises and single arm movements.

Traditional Seated Position - A supported position is ideal for traditional and first-time exercisers. To further challenge the body, advanced users may perform exercises off the backrest or standing.

Cable Travel - Extensive cable travel allows for full exercise extension, single arm: 80 inches (203 cm), two arms: 40 inches (102 cm).

Weight Stack - Enclosed weight stack limits access to moving parts for user safety.

Industrial Construction - Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

Kick Plates - 16-gauge, stainless steel kick plates protect the machine from wear and tear.