

INCLINE TRICEP EXTENSION

JPL 149

◆ Crafted to target and strengthen the triceps with precision, our Incline Tricep Extension is designed for optimal muscle engagement. It features an adjustable incline angle, ensuring optimal biomechanical alignment for effective muscle engagement. With a focus on load distribution on the arms, users can isolate and challenge the triceps effectively. Its ergonomic design and padded armrests provide stability and comfort during workouts, promoting proper form and reducing strain.

◆ **DIMENSION:**  
Length : 46 inches / 117 cms  
Width : 66 inches / 168 cms  
Height : 60 inches / 152 cms

◆ **MUSCLE WORKED:**  
Triceps Brachii

