



Product Data Sheet

Triceps Extension PLTE

The Steelflex PLTE Tricep Extension focuses your weight training on extending and building your Triceps muscles. This amazing machine offers:

- Adjustable press arms to fit all size users, with adjustable start positions
- Ergonomic hand grip positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Olympic weight plates not included

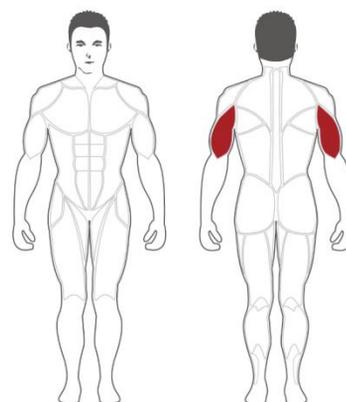


SPECIFICATIONS:

- Mainframe: Heavy Duty, 12 Gauge 2" x 4" (50 x 100 mm) oval tubing
- Finish: Electrostatic applied powder coated
- Hand Grips: High density foam grip
- Bearings: Industrially rated, sealed bearings at all pivot points
- Upholstery: CGPC 2"high density foam (ergonomic design)
- Upholstery Colour: Black or Cranberry
- Machine Weight: 144lbs(66Kg)
- Dimensions (LxWxH): 160 x97 x 130cm/ 63" x38" x51"
- Capacity Weight: 500lbs/227Kg
- Max. User Weight: 120Kg



Video instruction



Muscles Worked

INTERNATIONAL
 3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei ,Taiwan110
 Tel:+886-2-2720-9980
 Fax:+886-2-2722-9750
 E-mail:joong@ms13.hinet.net
 http://www.steelflexfitness.com