

PREACHER CURL / TRICEPS EXTENSION

HD-3100

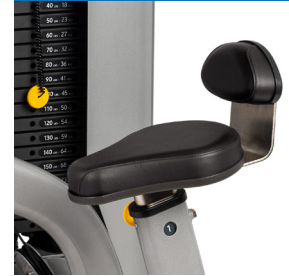
TRICEPS EXTENSION



PREACHER CURL



LOWER BACK SUPPORT ON SEAT



MULTIPLE GRIP OPTIONS



SPECS

PRODUCT DIMENSIONS (L X W X H)

53.75" X 48.75" X 55.00" (137 cm X 124 cm X 140 cm)

PRODUCT WEIGHT HD

476 lbs (216 kg)

488 lbs with RS-CAGE-NG-OPT1 (221 kg)

PRODUCT WEIGHT HDG

510 lbs (231 kg)

522 lbs with RS-CAGE-NG-OPT1 (237 kg)

WEIGHT STACK HD

190 lbs (86 kg)

195 lbs with RS-CAGE-NG-OPT1 (88 kg)

WEIGHT STACK HDG

225 lbs (102 kg)

230 lbs with RS-CAGE-NG-OPT1 (104 kg)

FEATURES

- ◆ Bi-directional arm allows performance of biceps and triceps exercises in one machine
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT1)

ADD ON WEIGHT



5 LB ADD ON



10 LB ADD ON



OPTIONS

RS-CAGE-NG-OPT1

5 lbs

RS-CAGE-NG-OPT2

10 lbs

RS-CAGE-NG-OPT3

5 lbs

RS-CAGE-NG-63-OPT1

5 lbs

RS-CAGE-NG-63-OPT2

10 lbs

RS-CAGE-NG-63-OPT3

10 lbs

FEATURES

- ◆ **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- ◆ **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

ADD ON WEIGHT

RS-CAGE-NG-OPT1

ROC-IT SELECTORIZED

- ◆ RS-2101
- ◆ RS-2102
- ◆ RS-1103
- ◆ RS-2201
- ◆ RS-2203
- ◆ RS-2204
- ◆ RS-2301
- ◆ RS-2302
- ◆ RS-2401
- ◆ RS-2402
- ◆ RS-2406
- ◆ RS-2407
- ◆ RS-2408
- ◆ RS-2412
- ◆ RS-2415
- ◆ RS-1501
- ◆ RS-1502
- ◆ RS-2601
- ◆ RS-2602

HD-DUAL

- ◆ HD/G-3100
- ◆ HD/G-3600
- ◆ HD/G-3800
- ◆ HD/G-3900

RS-CAGE-NG-OPT2

ROC-IT SELECTORIZED

- ◆ RS-2403

RS-CAGE-NG-OPT3

HD-DUAL

- ◆ HD/G-3300
- ◆ HD/G-3400



ADD ON WEIGHT

RS-CAGE-NG-63-OPT1

HD-DUAL

- ◆ HD/G-3200

RS-CAGE-NG-63-OPT2

HD-DUAL

- ◆ HDG-3403

RS-CAGE-NG-63-OPT3

HD-DUAL

- ◆ HD-3403