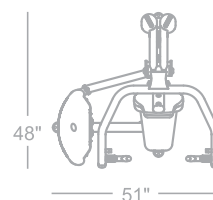


TRICEPS EXTENSION



- 5 position seat assembly uses four-bar linkage and gas cylinder assist for quick and easy adjustment.
- Dual arm assemblies rotate freely to allow full range of motion while accommodating wide range of users.
- Hand grips self-align during exercise movement for proper ergonomic and biomechanical function while eliminating impingement of the wrist joint.
- Counterbalanced press arm minimizes initial weight load and provides smooth and consistent feel.
- Contoured back pad angled at 75° for proper ergonomic function and support.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	488 lbs. (222 kg)	568 lbs. (258 kg)



Dimensions

W: 51" (130 cm)

L: 48" (122 cm)

H: 57" (145 cm)

MODEL SP-5600

- Read all warning labels.
 - If unit appears damaged or inoperable, do not try to use or fix. DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
 - Choose light resistance when using machine for first time and train at controlled speed.
- Select seat position.
- Grasp handles and raise weight slightly. Align elbows with your side.
- Extend arms downward and back as far as comfortable and return.

TRICEPS EXTENSION

ADJUSTMENT GUIDE

HEIGHT	METRIC	SEAT
5'	152cm	5
5' 4"	163cm	4
5' 7"	170cm	3
5' 10"	178cm	2
6' +	183cm +	1

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Superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in this wide range of standard upholstery colors

FRAME PAINT COLORS:
SILVER
GLOSS WHITE TEXTURED