

What is a Tricep Pressdown ?

Use underhand grip (supinated) with single-grip attachment, working one arm at a time. Keep arms close to side and bend fully at elbow. Fully extend and squeeze at bottom. Don't raise arms beyond 90 degrees at top of the movement.

Tricep Pressdown - Model/LB101



**Excellent machine for development of the tricep muscles.
Could either be used as a compound or isolation exercise**

Legend Industrial Gym Equipment Port Elizabeth.

- **Solid structural design**
- **60 mm by 2.5mm structural tubing.**
- **Weight stacks**
- **All popular designs**
- **Customized designs and requests welcomed.**
- **High density foam padding**
- **Powder coating or spray painted finishes.**

Our Contact Details:

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Delivery anywhere in South Africa.

[Tricep Pressdown – Model LB/101 – Manufactured by Legend Gym Equipment](#)

To Order:

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Fields marked with an asterisk must be filled in.

1. Your billing/contact details

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Please Email completed form to desbatty@gmail.com