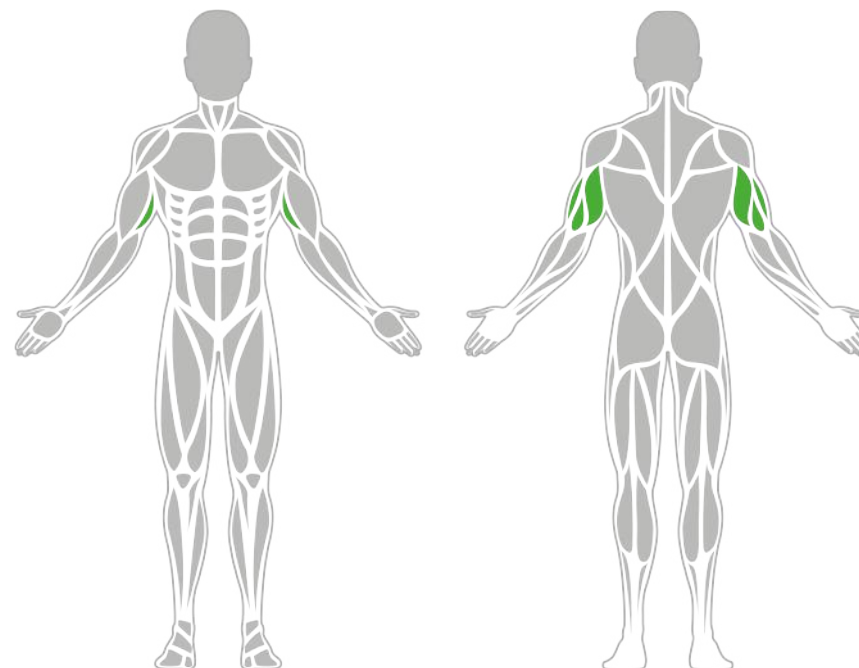




## Muscle Groups Focus



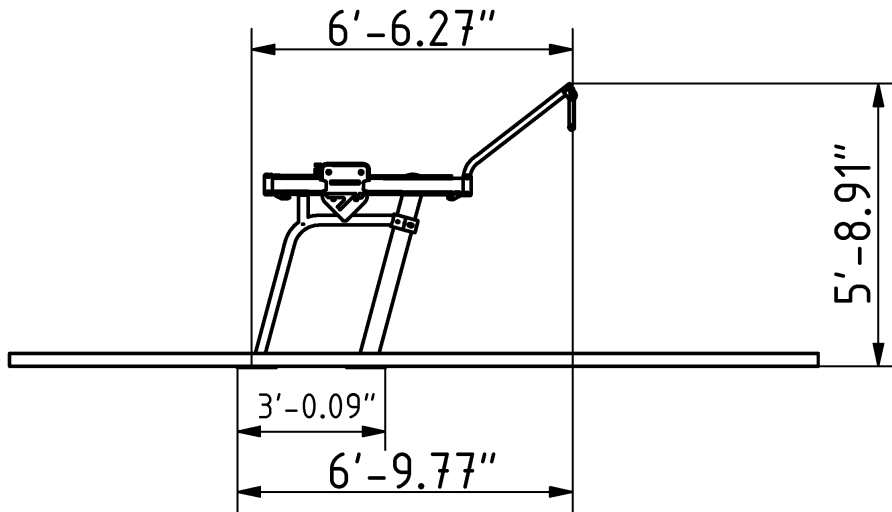
### Weighted Tricep Pull-down

The BESTRONG Weighted Tricep Pull-down is the ideal tool for effectively developing the triceps muscles. It is easy to use, with adjustable resistance ranging from 13 lbs to 148 lbs, making it suitable for users of all training levels. Its simple, functionality-focused design makes it the perfect choice for those seeking a reliable and effective tool for triceps training. Designed for focused strength development, the BESTRONG Tricep Pull-down is both highly efficient and stable.

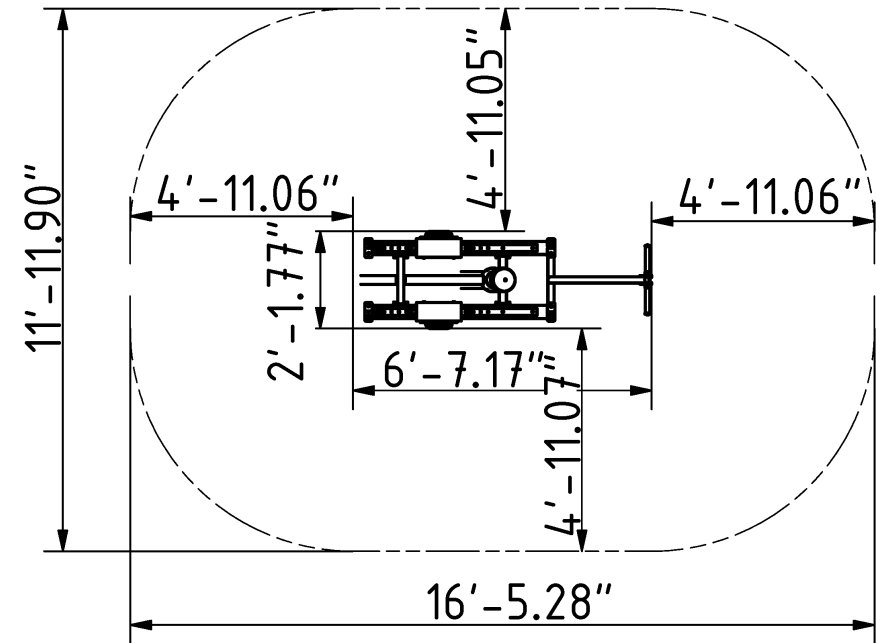
### Attributes

Product code	1-1-322
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	286.60 lbs
Type	Weighted
Difficulty level	Adjustable

### Side View



### Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	60 min.
Excavation volume	19.07 ft <sup>3</sup>
Concrete volume	14.13 ft <sup>3</sup>
Size of the base structure	39,4 x 19,7 x 31,5"
Anchoring options	Surface mounted
In combined structures, the volume of concrete required varies.	

## Technical specification

Safety surface area	Around 4.92 ft radius
Net weight	438.72 lbs
Material	S235,S355,KO33,HDPE
Critic fall height	-
Color options	-

For more color options, discuss with your sales representative.



## Warranty

Structure	25-15 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

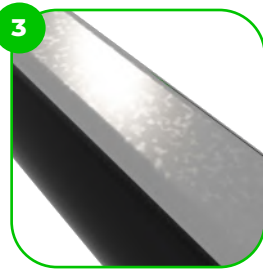
# Material specification



The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The bumpers of the devices are made of durable rubber material.



The sliding weight rail is made of high-quality stainless steel, which guarantees the product's long-term durability and resistance to weathering.



The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



The device is equipped with two 88 lbs weights, which allow you to perform workouts of varying intensity.



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