



PREMIUM PLATE-LOADED
STRENGTH EQUIPMENT BY
**LEGEND
FITNESS**

Part 6010

UNILATERAL SEATED TRICEP PRESS

A unilateral, plate-loaded tricep machine like the LeverEDGE Unilateral Seated Tricep Press is a rare bird in the strength machine market. Since there aren't many like it on the market, we'll understand if you've never seen one before. The LeverEDGE Unilateral Seated Tricep Press has thoughtful attention to detail that separates it from the competition.

The heavy lifters can load up nine plates on each lever arm. Plus, there are four chrome-plated Olympic bar-sized weight storage pegs built in. They keep plates handy for rapid adjustments between sets and off the floor for a safer workout environment.

SUPREME COMFORT AND ADJUSTABILITY

From the outset, we wanted the LeverEDGE Unilateral Seated Tricep Press to offer proper positioning, so all of the contact points can be adjusted. This allows the user to get in the proper position for muscle activation regardless of stature. The LeverEDGE Unilateral Seated Tricep Press is more adjustable than the competition, so users of every stature are comfortable using it. Unilateral lever action allows for independent arm training. Users can also link the arms together for traditional exercises. The multi-grip closed-cell foam handles are adjustable for height and angle. The unique pad design accommodates forward and rear-facing exercises.

DESIGNED FOR TWO EXERCISES, NOT ONE

The LeverEDGE Unilateral Seated Tricep Press allows for two different tricep resistance exercises. You can do both the forward-facing traditional dip and the rear-facing bench dip. If the user sits toward the machine while sitting on their knees, a traditional dip. If the user faces away from the machine with their chest supported by the angled pad, a press similar to a bench dip can be performed for more deltoid activation. But, unlike bench dips, this design prevents the forearms from moving too far behind the body, which reduces tricep activation. Both exercises get the benefit of a variable weight resistance that bodyweight devices can't offer.

BUILT LEGEND STRONG

The frame is constructed of 2x2- and 3x3-inch, 11 gauge steel with very few bolts, providing extreme rigidity, strength and durability. It was designed using 3D CAD software to minimize the use of fasteners, so assembly only requires four bolts. This translates to easier setup, less maintenance and extra rigidity! Heavy-duty pillow block bearings are tough as nails, feature grease fittings for ease of maintenance and are smooth enough to never get in the way of a workout.

Two-tone powder coat and upholstery is a no-cost option on all LeverEDGE pieces.



73.75" L
60.75" W
44.75" H



378 lbs.
Shipping
Weight



Ships
Fully
Assembled