



## Seated Dip

SI-1-SD

- Bilateral Stability Control for balanced strength development
- Gas assisted seat adjustment
- All adjustments & weight stack easily accessible from seated position

**Muscles:**  
- Pectorals  
- Ant. Deltoid  
- Triceps

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Length(mm):	1333
Width(mm):	1152
Height (mm):	1393
Machine Weight (kg):	333

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### Weight Stack

Standard (kg): 148

