

Tricep Dip

The Nautilus Inspiration Tricep Dip promotes balanced muscle development through unilateral motion, engaging and defining the triceps. The converging arm support handles allow for wide or narrow grip positions, ensuring the user is in the optimal position. Four-bar linkage provides a joint-friendly movement by allowing the user to maintain a neutral wrist throughout the full range of motion. With the Lock N Load weight selection system, featuring 5lb increments, the Inspiration Tricep Dip is a key piece in the strength circuit.



PRODUCT DIMENSIONS	
Width	52 in (132 cm)
Length	51 in (130 cm)
Height	64 in (163 cm)
Overall Weight	750 lb (340 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion and four-bar linkage pressing arm ensures neutral wrist through the full range of motion
Assisted adjustments	Wrap-around gas assist seat adjust and multiple hand placement options. Seat adjustments provide pre-stretch adjustments and gravity assisted, adjustable thigh stabilization pad
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm movements)
Converging or diverging movements	Converging arm support handles to accommodate a wide or narrow grip
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame & upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable
Bolt down locations defined	Yes
Integrated leveling system	Yes
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Safety catch & stops	Yes, end range of motion safety stop
Water bottle holders	Yes, integrated to weight stack tower, eye level
Phone holder	Yes, adjustable in size and position
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling
Contoured pads	Yes
WEIGHT STACK SPECIFICATIONS	
Total stack weight	240 lbs (109 kg)
Incremental weight system	10 lb increment, 5 lb add on
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required
Weight stack shroud specifications	Uniform size, standard steel / customized aluminum materials

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