



SEATED TRICEPS EXTENSION

MFS-3100-STE

**SPECIAL FEATURES:**

- Adjustable positions on all machines to accommodate all users to ensure correct bio-mechanical function. Adjustments are made with Heavy-Duty spring-loaded pull-pin knobs.
- 150lb. solid steel weight Stacks are adjusted with a tethered, magnetic selector pin that extends through the entire weight stack.
- Cable system with 1/4" thick 4800lb test military spec galvanized oil impregnated aircraft cable finished with a tough nylon coating. Manual tension adjusters on every machine for the cable adjustments.
- Fully enclosed weight stack is accessible from a seated position and allows user to increase in 5 lb increments.
- Instructional guide charts used to inform correct usage for each machine along with anatomical highlights to show which muscle groups are being worked.
- Each machine is made with a lower starting weight stack and has counter-balanced arms when needed. The cams are different for each machine to provide correct movement for the exercise.
- Heavy-duty 40 oz. commercial grade marine Naugahyde upholstery which is 85% mildew resistant. High density closed cell foam reinforced by thick plywood backing for stable support.
- Guide rods are 1" CCRO ANSI 1045, solid steel hard chrome-plated with tensile strength of 75,000psi.
- Frames are constructed of High Stress 3/16" ASTM A-500 grade B structural steel tubing (11 gauge) 2"x4", 2"x3" tubing. 2"x3" tubing on all uprights, 2"x2"x1/8" ASTM A-500 grade B structural carbon steel tubing (11 gauge) is used on members and benches.

In the interest of product development and improvement, specifications subject to change without notice.