

# TRICEPS EXTENSION PLS-0900



The Palladium Series Plate Loaded PLS-0900 Triceps Extension offers unilateral press arms, and both standard and neutral grip handles that provide the user with a variety of exercise options. Two weight storage posts standard.

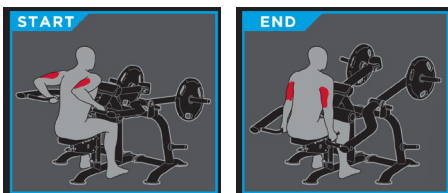
## FEATURES

- Multi-grip handles for exercise variation
- 4-position thigh pad fits a wide range of users
- 6-position seat uses gas cylinder assist for stable, friction-free adjustments

ADJUSTMENT GUIDE		
HEIGHT	METRIC	SEAT
5'	152cm	1
5' 4"	163cm	2
5' 7"	170cm	3
5' 10"	178cm	4
6' +	183cm +	5-6

## USER AMENITIES

- (2) Weight Storage Posts
- Height Adjustment Guide
- Instruction Placard illustrates proper START and END positions



## SPECIFICATIONS

DIMENSIONS (L x W x H)  
70" x 56" x 38" / 178cm x 142cm x 97cm

COLOR OPTIONS  
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

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