

# TRICEP PRESS

The **Maximus Tricep Press** is a premium commercial arm training machine engineered to deliver **precise triceps isolation** with smooth and biomechanically efficient pressing mechanics. Designed to **maximize activation of the long and lateral heads of the triceps**, the machine provides controlled resistance, ergonomic positioning, and superior movement stability for effective upper arm strength development.



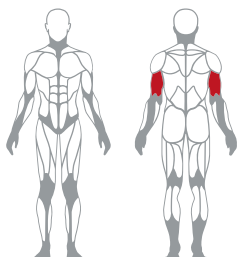
**Rotating multi-grip** ✦  
handle for narrow and wide grip variations

**Physiological resistance curve** ✦  
for smooth and progressive loading

**Spring-assisted lever** ✦  
balancing for smoother movement initiation

**Gas-assisted adjustable seat** ✦  
for ergonomic positioning

✦ 4 Additional Integrated Plate Holders



Targets triceps long head and lateral head

Dimensions (L × W × H): 1516 × 1218 × 1200 mm  
Net Weight: 90 kg