



3125 DIP / SHRUG

Description	Dual function Dip / Shrug unit provides targeted training of shoulder and back muscles.
Features	Natural Transmission resistance mechanism/ Safe, enclosed transmission system/ Adjustable seat/ Range limiters/ Neck cushion.
Resistance	0–249 lbs Dip and 0–224 lbs Shrug, stepless resistance adjustment. Dual Function.
Cylinders	1
Max. Inlet Pressure	9.9 bar
Controls	Manually operated, push button valve control, exercise selector switch, analog gauge.
Frame	Welded, lightweight steel frame. Fasteners made of stainless steel. Powder-coated, durable surface. Standard colors white, grey and black.
Upholstery	Ergonomically designed. High-quality artificial leather, abrasion resistant, dirt-repellent, extremely durable and easy to care for. Conforms to the public space fire resistance requirements (approximately 12% CO / PES jersey, 88% PVC combination).
Dimensions (W/L/H)	42 x 39 x 54 in.
Weight	Approx: 143 lbs
Noise Level	≤50 dB
Options	Foot pedal adjustment, foot rest, additional seat cushion, isometric testing, floor mount bracket.
Warranty	10 years on frame, 3 years on all other parts, 3 months on upholstery.