

Tricep Pressdown Rope (Double)

Enhance your weight-training experience with our premium quality cable attachment range, ideal for use with any Gym Gear adjustable pulley machine or multi-gym.

Intensify your upper body / core workouts with our Tricep Pressdown Rope.

Specifically designed to isolate the triceps, biceps and abs, it is an essential for any home or commercial gym.

The double rope design directly opposes the force applied on it, shaping itself perfectly to adapt to your grip position which is not possible with standard solid bar attachments.



Heavy Duty



Rubber Grip Ends

Technical Specifications

Rating	Commercial
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Key Features

Heavy duty design	•
Designed to optimise tricep contraction	•
For use with weight stack cable equipment	•
Rubber grip ends for comfortable grip	•
Effectively train tricep, bicep, shoulder, ab muscles and more	•