NAUTILUS

Triceps Dip



Nautilus Leverage Tricep Dip: Complete Upper Body Training Starts Here. The Nautilus Leverage Tricep Dip is a compound upper body movement that primarily targets all three heads of the triceps brachii while engaging the chest, shoulders, and upper back as critical stabilizers, building the functional upper body strength that transfers directly to pressing, pushing, and performance movements across every training program. Unilateral arms address asymmetries most machines miss, while the two-bar linkage delivers the renowned Nautilus Cam load curve, ensuring maximum muscle recruitment through the entire range of motion.

PRODUCT DIMENSIONS	
Width	64 in (161 cm)
Length	62 in (156 cm)
Height	38 in (95 cm)
Overall weight	353 lbs (160 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, fixed arc path
Assisted adjustments	Gas assist shock, wrap around handles on all seat height adjustments.
Color coded pivot points and adjustments	Yes
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	Matte Black (-60)
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable upholstery options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes
Multi-language placards options available	Yes
Animated lenticular	No
Safety catch & stops	Yes, where applicable
Water Bottle Holder	No
Phone holder	No
Grip specifications	Rubber, smaller grips.
Foot platform	NA
Contoured pads	Yes
WEIGHT STACK SPECIFICATIONS	
Plate loaded	7 lbs (3 kg) per arm starting weight
Weight storage solution	Integrated Olympic plate storage
Add-on resistance available	270 lb (123 kg) per side

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