

**PRODUCT NAME**  
**Triceps**

**PRODUCT CODE**  
**MB 7.42**



The equipment MB 7.42 "Triceps in Standing position" is designed to develop shoulder triceps. Vertical hand position helps the long triceps parts reduction and to include it into the work.

Maximal Load on each side... 47,5 kg  
The set includes the following weight... 8 x 10 kg; 6 x 2,5 kg

## SEGMENTS

### Basic information

**Brand** MB Barbell  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** ---  
**Critical fall height (HIC in m)** 0.00m  
**Color scale** RAL Palette  
**Stand count** 1  
**Surface**  
A) sprayed zinc base + komaxit 120μ B) hot dip galvanization + komaxit 120μ

Materials	Diameter	Width
<b>Dips</b>	51mm	4,5mm
<b>Bars</b>	33,7mm	3,5 - 4,5mm
<b>Pillar (square plan)</b>	100mm	4,0mm

### Recommended flooring

**Optimal dimensions** 2m x 3m  
**Floor surface** Concrete slab + EPDM or concrete feet + loose material  
Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

### Delivery and installation

**Lead time** 5 - 8 weeks  
**Standards** EN16:630