



## JORDAN ANGLED PRESSDOWN BAR

Using an angled pressdown bar is a fixed method of performing tricep exercises on a cable machine which allows for faster, stronger movements due to the fixed nature of the metal bar compared to the more flexible tricep rope. This angled pressdown bar can be used with any cable machine or functional trainer and has urethane grips.

**GYM MARINE**

YACHTS | INTERIORS

