

Versa Bicep Curl

VS-S40

Choose our Versa Biceps Curl to help build upper-arm muscle efficiently and effectively. An angled pad provides stability and limits unwanted shoulder movement during exercise, while an optimized pivot point encourages a biomechanically correct range of motion.

- Arm pad is angled for stability, and limits unwanted shoulder movement during exercise
- Optimized pivot location creates biomechanically correct range of motion
- Incremental weight



ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	Adjustable Seat
FRAME & CABLES	
MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process
TECH SPECS	
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
OVERALL DIMENSIONS	121.8 x 127.0 x 167.1 cm / 48.0" x 50.0" x 65.8"
PRODUCT WEIGHT (HEAVY STACK)	239 kg / 525 lbs.
PRODUCT WEIGHT (STANDARD STACK)	216 kg / 475 lbs.

USER AMENITIES	
CONTOURED SEAT	Yes
REAR PLACARDS	Color-coded machine identification & machine specific stretching
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
FOOT SUPPORT KIT	Foot Support Kit accommodates shorter individuals (Optional)
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
PLACARD COLOR CODING	Yellow (upper body)

WEIGHT STACK	
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg)
TOTAL STACK WEIGHT	Heavy: 200 lbs (90 kg), Standard: 150 lbs (68 kg)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes