

Bicep & Tricep Machine

*single*STATION - **UPPER**body

FEATURES

The Body-Solid Pro•Dual Bicep/Tricep Machine lets you flex your fitness plan to achieve maximum results. The upper arm is made up of two primary muscle groups—the biceps and the triceps, and it is equally important to train both. To achieve optimal results from arm exercises, it is essential to perform movements consistently and correctly every time.

Body-Solid's Pro•Dual Bicep/Tricep Machine provides a seamless change from bicep exercise to triceps exercise with dual grip handles. The adjustable seat and upper arm pad are designed to align the elbow with the rotational axis of the lifting arm. The machine's handle pivots to enhance user comfort.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid Pro•Dual Bicep/Tricep Machine builds form into function and value into a superior modular strength training system.

- Adjustable arm pad is ergonomically designed to fit multiple users and eliminate unwanted shoulder movements.
- 5-position gas-assisted adjustable seat with back support gives users a comfortable, stable platform to help isolate movement.
- 3-position pivoting handles reduce torque and provide continuous resistance around a natural arc.
- 14 combined adjustments between the bicep and triceps exercises provide users with multiple starting points and greater range of motion.
- Works as a modular component on the Pro Dual 3-Stack and 4-Stack Gyms.
- Instructional placard included



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	102 x 135W x 158H
Weight Stack	90kg
Optional	136kg weight stack

Get fit ... get Orbit Equipped



Tel.: 1300 13 42 13

Web: www.orbitfitness.com.au