

S-101 Arm Curl

Specifications:

Dimensions:

US 45" W X 54" L X 63" H

Metric 114 cm W X 137 cm L X 160 cm H

Weight Stack:

US 165 lbs. total, 3-5 lb, 1-10 lb, 7-20 lb

Metric 75 kg total, 3-2 kg, 1-4 kg, 7-9 kg

Total Weight:

US 480 lbs.

Metric 218 kg



Features:

- Four bar linkage, gas-assisted seat has 8 adjustment positions to accommodate various size trainees.
- Handle design allows for wide and narrow grip; rotating grips self adjust for various size trainees.
- 45° angled arm pad allows for full range of motion and correct bio-mechanics for isolation of the biceps.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)