

**Biceps Curl Machine**  
OFG007

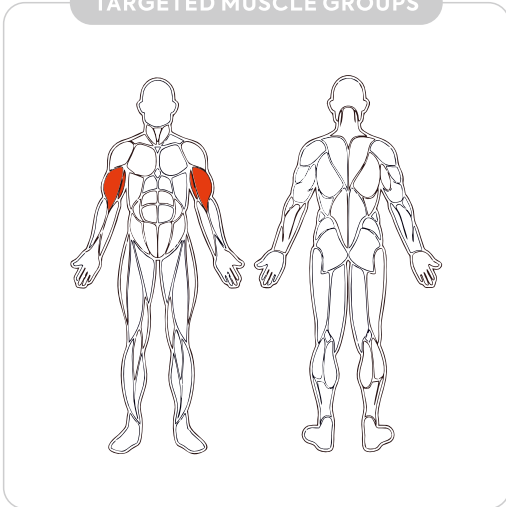


**LENGTH / WIDTH / HEIGHT**  
2100mm / 708mm / 1400mm

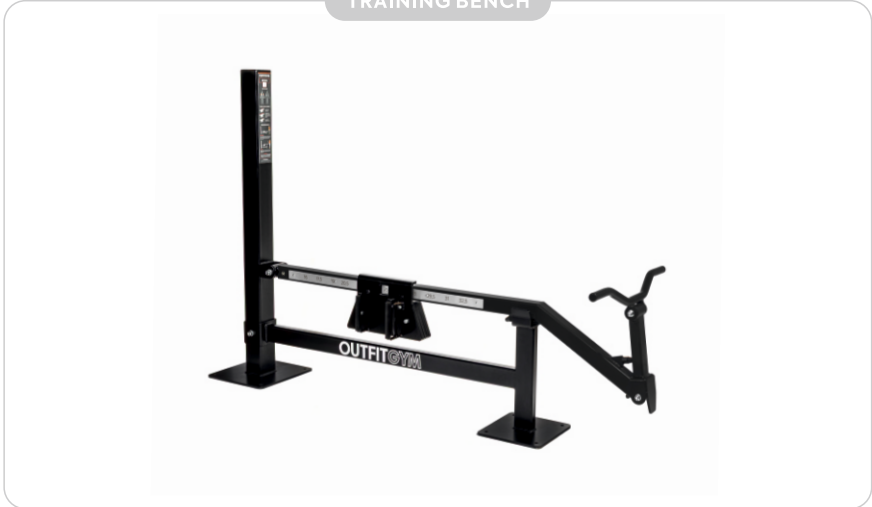


**TRAINING LOAD RANGE:** 15-80kg

TARGETED MUSCLE GROUPS



TRAINING BENCH



• **Technical Specifications**

<b>Frame</b>	Made of zinc-coated steel and wall thickness is 3–6 mm
<b>Moving parts and handles</b>	Made of stainless steel and wall thickness is 3–6 mm
<b>Surface finish</b>	Powder-coated in RAL colors
<b>Support surfaces</b>	-
<b>Adjustable components</b>	-

• **Weight Stack Information**

1. The machine is equipped with one adjustable weight stack that is ergonomically designed for smooth and effortless adjustment.
2. Training weight can be adjusted in 1–5 kg increments.
3. The weight stack move on maintenance-free ball bearings that are concealed within a stainless steel guide rail.
4. The machine is equipped with weight scale. The indicated weights are marked in kilograms and may differ from the actual weight by up to 5 kg.

• **Usage Conditions**

1. Minimum user height: 140 cm
2. Recommended minimum age: 14 years

• **Equipment Installation**

The training equipment can be installed in three different ways. Detailed installation instructions are available [HERE](#).



The training bench complies with EN 16630:2015 safety standards and has a corresponding certificate of conformity.



Manufactured in Estonia