

Seated Biceps Curl
OFG015

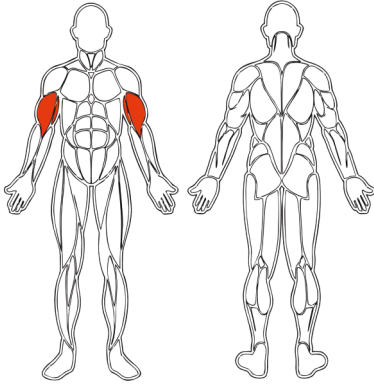


LENGTH / WIDTH / HEIGHT
 1780mm / 1208mm / 1006mm



TRAINING LOAD RANGE: 10-50kg

TARGETED MUSCLE GROUPS



TRAINING BENCH



• **Technical Specifications**

Frame	Steel coated with a multi-layer corrosion protection system (up to C5), wall thickness 3–6 mm
Moving parts	Made of stainless steel and wall thickness is 5–6 mm
Surface finish	Powder-coated in RAL colors
Support surfaces	20 mm ribbed UV-resistant plastic
Adjustable components	Adjustable seat
Handles	Stainless steel handles allow for varying grip widths

• **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 2–2.5 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