



Product Data Sheet

Bicep Curl Machine (PLBC)

Why not complete your free weight gym with this Steelflex Bicep Curl Machine? Focusing on the Bicep muscle development, the PLBC Bicep Curl Machine offers:

- Adjustable Seating to fit all size users
- Ergonomically designed Biceps Curl hand grip positions
- Independent, unilateral arm action for balanced muscle development and advanced biomechanics
- All foot platforms are in molded rubber with slip-resistant texture
- Olympic weight plates not included



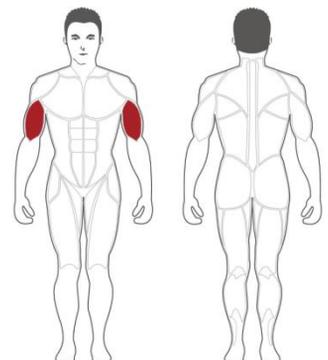
SPECIFICATIONS:

- Mainframe: Heavy Duty, 12 gauge 2" x 4" (50 x 100 mm) oval tubing.
- Finish: Electrostatic applied powder coated
- Hand Grips: High density foam grip
- Dimensions (LxWxH): 168x 97 x 128cm/ 66" x 38" x 51"
- Machine Weight: 146lbs(67kg)
- Upholstery Colours: Black or Cranberry
- Bearings: Industrially rated, sealed bearings at all pivot points
- Max. User Weight: 120 Kg



Video instruction

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Muscles Worked