

# Pro Series PL Bicep Curl

The Pro Series Plate Loaded Bicep Curl machine is a sturdy and effective device designed for targeted bicep training. With its adaptable seat, you can ensure comfort during your workout. The weight horns offer customization to your fitness level, and this machine is space-efficient compared to conventional selectorized equipment.



Weight Horn



Adjustable Seat



Arm Pads



Robust Construction



## Technical Specifications

|                  |                                                           |
|------------------|-----------------------------------------------------------|
| Rating           | Commercial                                                |
| Loading Capacity | 200kg<br>440.9lbs                                         |
| Start Weight     | 4.8kg                                                     |
| Product Weight   | 56kg<br>123.5lbs                                          |
| Dimensions:      | L 130.2 x W 70.7 x H 98.8cm<br>L 51.3 x W 27.8 x H 38.9in |

## Key Features

|                                                                                                                                                 |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---|
| The seat cushion is easily adjustable and can be operated with one hand.                                                                        | • |
| The inward angle of the handles is designed according to ergonomic principles.                                                                  | • |
| The belt-connected resistance system follows the muscle strength curve, effectively stimulating the target muscles during the exertion process. | • |