

Perform Series, Bicep / Tricep

The Perform Series, Bicep / Tricep machine is specially designed to work triceps and biceps. User can set up personal settings and adjust the training position to effectively train the upper arms through pulling and pushing the hand grips while using the elbow as the pivot. The angled handle grips ensure maximum muscle engagement through correct exercise mechanics and the angled arm pads provide optimal support and comfort during use. Unlike free weight bicep / Tricep exercises the Perform Series Bicep / Tricep machine targets the muscle from all points of the elbow flexion range.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Seat & Handles



Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat and handles for user comfort and to allow easy operation
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	72.5kg 160lbs
Product Weight	132.5kg 292.1lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 130 x W 122.5 x H 150.6 cm L 51.1 x W 48.2 x H 59.2 inches

Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•