

Fitness Breakthru

Personalised Fitness Equipment Specialists

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Specs – Body Solid Biceps / Triceps Machine



Bulging biceps and triceps are yours to develop with this intelligent dual-function design. Raise or lower the adjustable seat for proper positioning and rest your arms on the over-stuffed support pad. Positioned at a 30° angle for precise biomechanical movement. Pull the jumbo pop pin to lower the lifting arm and grab hold of the rotating v-bar handle for a burning set of arm curls. Now adjust the lifting arm upward and lock it in for an exhilarating triceps workout. Once again, we bring you two functions for the price of one. Weight post is 1" diameter. Weight plates optional extra.

- Raise or lower the adjustable seat for proper positioning.
- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise biomechanical movement.
- Combination 2"x 2" and 2"x 4" supportive steel blends structural integrity with ultimate comfort.
- V-Bar handle for a burning set of arm curls.
- Adjustable lifting arm can be positioned upward for Triceps workout.
- Ideal for home and commercial use.

Dimensions: 101cm(H) x 114cm(L) x 109cm(W)

Body-Solid®