

L140 Biceps/Triceps

- **Dual function:** It allows for a dual exercise: Biceps and triceps
- **Adjustable training angle with 6 different positions.** From position 1 to 3 to exercise the biceps and positions 4 to 6 to exercise the triceps.
- **Multi-position rotating double handle.** This facilitates grip while exercising biceps and triceps, helping to improve the position and adaptation of the user during the exercise.
- **Mechanical seat adjustmen with numerical indication of the height position.** Makes possible the adaptation of the machine to all kind of users and helps them to adopt the correct posture during exercise.
- **Non-slip footrest.** Prevents the foot from slipping or sliding, thus preventing injury.
- **Counterbalanced arm.** Override the weight of the structure to be moved in order to lift only the selected weight plates.

Position for biceps



Specifications:

Longitud: 116 cm / 47"
Anchura: 121 cm / 48"
Altura: 152 cm / 60"
Peso: 207 Kg / 456 lbs
Carga: 90 Kg / 200 lbs

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- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Information panel showing worked muscle groups and exercise position.** This helps the user to identify the machine quickly and use it correctly.
- **High resistance 5 mm thick coated steel cable.** For a smooth, secure performance.
- **Designed for optimum exercise biomechanics.** It guarantee smooth, natural movements for full muscle concentration.
- **4 mm thick ST-37 / 40 steel frame.** High durability.
- **Round edges with elliptical section in order to avoid cuts and knocks.**
- **Three layer coating.** Enhanced by an initial anti-corrosion primer, followed by an epoxy powder layer and a lacquer or barnish.

Position for triceps



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- **Injected core fireproof seat.** Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection.
- **Reliable and durable design with optimized safety and comfort.** Designed under the highest biomechanical standards and based on thorough studies of the anatomy of each muscle and its behavior during exercise. It ensures a range of soft and progressive exercise and a natural, precise and fluid movement.
- **Design with lower profile and solid outline.** For a more visually striking and elegant line.
- **Structure raised 50mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint.
- **Magnetic weight plate selector.** The magnets ensure that there is no possibility of the selector coming out during training.
- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium and advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise. They show weight information in lbs and kgs.

