

Bicep & Tricep Machine

PRO DUAL RANGE

DBTC-SF

Provides a seamless change from bicep to tricep exercise

Body-Solid's Pro Dual Bicep & Tricep Machine provides a seamless change from bicep exercise to triceps exercise with dual grip handles. The adjustable seat and upper arm pad are designed to align the elbow with the rotational axis of the lifting arm. The machine's handle pivots to enhance user comfort. The upper arm is made up of two primary muscle groups—the biceps and the triceps, and it is equally important to train both. To achieve optimal results from arm exercises, it is essential to perform movements consistently and correctly every time.

- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11 gauge 60mm x 120mm oval tubing
- Electrostatically applied powder coated
- 5.5mm dia., 1100kg rated aircraft cable
- Durafirm upholstery over 60mm high density foam
- .50 dia. connecting bolts
- 3 gauge steel connecting plates
- High density foam rubber hand grips and handles
- Industrially rated, sealed bearings at all pivot points
- Adjustable seat with rear support
- Instructional placard included



DIMENSIONS		USAGE
Length	102 cm	Home & Commercial
Width	135 cm	
Height	158 cm	

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