

## Sterling Series, Bicep Curl

The Sterling Bicep Curl is a fantastic machine for isolating the biceps. As your arms are resting on the pads, shoulder flexion is removed from the lift, therefore the workload is heavily concentrated on the biceps. The soft leather cover on the upholstery of both the seat and arm pad provides ultimate comfort during use, and the adjustable seat height accommodates users of all sizes.



Non-slip Handles



Olympic Weight Horn



Heavy Duty Construction



Black Comfortable Pad



### Technical Specifications

<b>Rating</b>	Commercial
<b>Upholstery</b>	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
<b>Tubing</b>	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
<b>Adjustments</b>	Adjustable seat height
<b>Loading Capacity</b>	120kg 264lbs
<b>Product Weight</b>	112kg 347lbs
<b>Dimensions</b>	L 140 x W 105 x H 120 cm L 55 x W 41 x H 47 inches

### Key Features

<b>Robust and heavy construction</b>	•
<b>Electro powder-coated and heat cured for superior durability</b>	•
<b>Olympic weight horns fitted as standard for optimum storage capacity</b>	•
<b>Low maintenance due to plate loading nature</b>	•
<b>Application of advanced biomechanics ensures that the equipment follows the body's physiological movement</b>	•
<b>High quality bearings for moving parts</b>	•