

Arm Curl

G3-S40



- Arm pad is angled for stability, and limits unwanted shoulder movement during exercise
- Angled hand grips ensure optimal wrist position
- Optimized pivot location creates a biomechanically correct range of motion

EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	Yes

FRAME & BELT

Over-sized Internal Frame Tubing	Yes
Frame finish	Proprietary two-coat powder process
Frame Color	Polarized Titanium
Belt Transmission	Reinforced 15/16" flat Kevlar/urethane belt

TECH SPECS

Overall Dimensions	122.2 x 108.6 x 150.6 cm / 48.1" x 42.8" x 59.3"
Total Weight	228 kg / 502 lbs.
Weight Stack	91 kg / 200 lbs.
Shipping Weight	245 kg / 540 lbs.

WEIGHT STACK

Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.
Suspension	3-Point Design
Guards & Pulleys Covers	Yes
Weight Pins	Magnetic & tethered