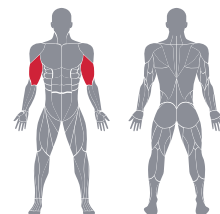
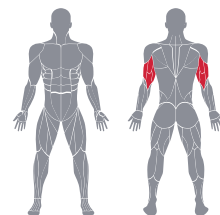


**DUALS****SPIRIT****BICEPS CURL****TRICEPS EXTENSION**

The Biceps Curl and Triceps Extension machine features an angled arm pad designed to minimize shoulder movement, allowing for targeted emphasis on either the biceps or triceps. The curling/extension bar is adaptable, pivoting to accommodate different forearm lengths and axis of rotation alignment. The adjustable seat ensures ergonomic alignment of elbows with the machine. To enhance the user's experience, the machine is equipped with a built-in rep counter and top cap storage.

### **CSD-BCTE** BICEPS CURL / TRICEPS EXTENSION

- Premium beveled pads with sport stitching
- 5lb (2 kg) increment weight
- 180 lb (82 kg) weight stack
- Premium strength cables
- Integrated rep counter and time display
- Large storage tray at top of tower

Item #  
16812496070



Performance	<ul style="list-style-type: none"><li>• 180 lb (82 kg) Weight Stack</li><li>• 5 lb (2 kg) Increment Weight<ul style="list-style-type: none"><li>• 15 lb (7kg) Top Plate</li><li>• 11 x 15 lb (7kg) Plates</li></ul></li><li>• Pulley Ratio 0.5 x Weight Curl, 0.7 x Weight Bicep</li><li>• Premium Strength Cables</li><li>• Premium Beveled Edge Pads</li><li>• Sport Stitching</li></ul>												
Convenience	<ul style="list-style-type: none"><li>• Rep/Time Counter (2 C Batteries required, not included)</li><li>• Start/Finish Workout Diagrams</li><li>• Storage Trays (Top of Weight Tower)</li></ul>												
Frame	<ul style="list-style-type: none"><li>• Heavy-Gauge Steel Frame</li><li>• Low Profile Design</li><li>• High-Quality Electrostatic Powder Coat Finish</li><li>• Fully Enclosed Weight Stack</li><li>• Steel Feet w/Rubber Foot Covers</li><li>• Max User Weight Capacity: 360 lb (163 kg)</li></ul>												
Dimensions and Weight	<ul style="list-style-type: none"><li>• Setup Dimensions: 44"L x 52"W x 62"H, 465 lb (112L x 131W x 158H cm, 211 kg)</li><li>• Shipping Dimensions &amp; Shipping Weight:</li></ul> <table><tr><td></td><td>N.W. / G.W.</td></tr><tr><td>• Carton 1 : 54"L x 24"W x 5"H (137L x 61W x 13H cm)</td><td>18 lb (8 kg)/ 20 lb (9 kg)</td></tr><tr><td>• Carton 2 : 60"L x 23"W x 10"H (152L x 58W x 25H cm)</td><td>84 lb (38 kg)/ 93 lb (42 kg)</td></tr><tr><td>• Carton 3 : 48"L x 37"W x 20"H (122L x 94W x 51H cm)</td><td>183 lb (83kg)/ 207lb (94 kg)</td></tr><tr><td>• Carton 4 : 25"L x 8"W x 13"H (119L x 10W x 41H cm)</td><td>15 lb (7kg)/ 17lb (8 kg)</td></tr><tr><td>• Carton 5 : 21"L x 20"W x 11"H (53L x 51W x 28H cm)</td><td>165lb (75kg)/ 190lb (86 kg)</td></tr></table>		N.W. / G.W.	• Carton 1 : 54"L x 24"W x 5"H (137L x 61W x 13H cm)	18 lb (8 kg)/ 20 lb (9 kg)	• Carton 2 : 60"L x 23"W x 10"H (152L x 58W x 25H cm)	84 lb (38 kg)/ 93 lb (42 kg)	• Carton 3 : 48"L x 37"W x 20"H (122L x 94W x 51H cm)	183 lb (83kg)/ 207lb (94 kg)	• Carton 4 : 25"L x 8"W x 13"H (119L x 10W x 41H cm)	15 lb (7kg)/ 17lb (8 kg)	• Carton 5 : 21"L x 20"W x 11"H (53L x 51W x 28H cm)	165lb (75kg)/ 190lb (86 kg)
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Commercial Warranty	<ul style="list-style-type: none"><li>• 10 Years: Frame, Weight Plates, Cams, Swivel Welded Parts</li><li>• 5 Years: Bushings, Bearings, Shocks, Pulleys, Guide Rods</li><li>• 1 Year: Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned</li><li>• 6 Months Upholstery</li><li>• 1 Year Labour</li></ul>												