



Pro Series, Bicep Curl

SKU: **GG-PRO-108**

The Pro Series Bicep Curl is designed for focused arm training with a smooth, natural motion. Tilted handlebars and an adjustable seat deliver optimal positioning for effective, injury-reducing bicep activation, making it ideal for both beginners and experienced users.

Key Features

- Tilted handlebars support a strong and efficient range of motion
- Adjustable seat pad ensures proper alignment for users of all sizes
- Handlebar spacing keeps arms shoulder-width apart to minimise joint strain
- Quick weight selection via selector pin for seamless progression
- Built for comfort, safety, and consistent muscle engagement

Technical Specifications

Weight	173.5 kg
Length / Depth	122 cm
Height	153 cm
Width	103 cm
Frame Weight	91 kg

Weight Stack	72.5 kg
Pin Select	Yes

