



Dual Series, Bicep / Tricep

SKU: **GG-DUAL-004**

Dual-function design for biceps and triceps gives users the ability to train both push and pull movements in one compact station. Smooth mechanics and quick adjustments ensure safe, efficient arm training that fits easily into any commercial gym layout.

Key Features

- Two-in-one setup for bicep curls and tricep presses
- Compact footprint that maximises valuable floor space
- Heavy-duty frame engineered for long-term commercial use
- 5mm American LOOS aircraft-grade cable with 2,000lb breaking strength
- End fittings tested to withstand 250,000 full-stack cycles
- Glass fibre reinforced nylon pulleys with deep V-groove for smooth, consistent motion
- Auto-adjusting handgrips for quick transitions and proper alignment
- Adjustable seat pad for comfort and stability under load
- Colour-coded weight stack for fast and easy resistance selection

Technical Specifications

Weight	220 kg	Weight Stack	113 kg
Length / Depth	121 cm	Pin Select	Yes
Height	151 cm		
Width	116 cm		
Frame Weight	106 kg		

