



Perform Series, Bicep Curl

SKU: **GG-PERFORM-011**

The Perform Series Bicep Curl delivers smooth, consistent resistance through the full elbow flexion range, ensuring maximum bicep activation. Angled grips support correct form, while contoured arm pads provide comfort and stability, making every rep effective and controlled.

Key Features

• 3mm thick steel tubing with D-shaped (95 x 81.1 x 3mm) and racetrack (50 x 100 x 3mm) sections for strength and stability

• 3.2mm translucent ABS shrouds for lasting impact resistance

• High-density poly-foam upholstery with double stitching for durability and comfort

• American Loos™ self-lubricating cable with nylon-coated 12-strand fibre, tested to 250,000+ cycles

• Integrated bottle holder for training convenience

• Adjustable seat and handlebars for a secure, tailored fit

• Ergonomic TPV grips with aluminium ring stops for safe, comfortable handling

• Fully shielded moving parts to maximise user safety

• Precision-lathed pulleys with low-tolerance bearings for smooth motion

• Complies with EN957 safety standards for professional use

Technical Specifications

Weight	211.2 kg	**Weight Stack**	72.5 kg
Length / Depth	131 cm	**Pin Select**	Yes
Height	150.6 cm		
Width	121.4 cm		
Frame Weight	115.5 kg		