





Perform Series, Bicep / Tricep

SKU: **GG-PERFORM-013**

The Perform Series Bicep / Tricep machine isolates and strengthens the arms with guided push and pull movements. Angled grips and pads encourage correct mechanics, delivering better activation than free weights with consistent support throughout the full range of motion.

Key Features

- 3mm thick tubing with D-shape and racetrack frame design for strength and durability
- 3.2mm translucent ABS shrouds for impact and shock resistance
- High-density poly-foam pads with reinforced double stitching for long-lasting comfort
- American Loos™ nylon-coated cable tested for over 250,000 cycles
- Adjustable seat and handles for a secure, personalised fit
- TPV ergonomic handlebars with aluminium end stops for safe grip
- Built-in bottle holder for training convenience
- Shielded dynamic parts and precision pulleys for smooth operation
- Certified to EN957 safety standards for user protection

Technical Specifications

Weight	226.1 kg	**Weight Stack**	72.5 kg
Length / Depth	130 cm	**Pin Select**	Yes
Height	150.6 cm		
Width	122.5 cm		
Frame Weight	132.5 kg		