



Pro Series, Bicep / Tricep

SKU: **GG-PRO-110**

Train both biceps and triceps in one machine. The Pro Series Bicep / Tricep delivers smooth, joint-friendly resistance with a controlled push and pull motion. Adjustable settings allow users to customise the seat and start position for precise, effective training.

Key Features

- Dual-function design for bicep curls and tricep extensions
- Biomechanically accurate movement for smooth, natural performance
- Angled hand grips and supportive arm pads for comfort and alignment
- Adjustable start position for a personalised fit
- Encourages proper mechanics for effective muscle activation

Technical Specifications

Weight	194 kg	Weight Stack	72.5 kg
Length / Depth	134 cm	Pin Select	Yes
Height	153 cm		
Width	120 cm		

