

# Independent Biceps Curl

## G7-S40



- Independent motion for greater exercise variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Unique pivoting elbow pads and rotating handles improve function, comfort and feel during use
- Designed for easy entry and exit without chest compression from traditional machines
- Elbow pad wear covers improve upholstery performance in high contact areas
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

### ADJUSTMENTS

|   |                          |
|---|--------------------------|
| User adjustment range                     | 7 position seat          |
| Machine assisted user adjustments         | Spring assisted back pad |
| Color coded pivots & points of adjustment | Yes                      |

### FRAME & CABLES

|                            |   |
|----------------------------|---|
| Available frame colors     | Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium |
| Frame finish               | Proprietary two-coat powder process                                   |
| Cable transmission         | Internally lubricated cables & fittings                               |
| Machine anchoring          | Independent machine hold down brackets                                |
| Integrated leveling system | Yes, top-down leveler   |

### TECH SPECS

|   |   |
|---|---|
| Overall "static" dimensions (L x W x H) | 135 x 162.5 x 135 cm / 53" x 64" x 53"                  |
| Overall "in-use" dimensions (L x W x H) | 135 x 168 x 135 cm / 53" x 66.2" x 53"                  |
| Product weight                          | 266 kg / 587 lbs  |
| Shipping weight                         | 318 kg / 701 lbs  |
| Rep counter machine usage tracking      | Service mode tracks total machine reps and hours of use |
| Rep counter battery life                | Approximately 3 years                                   |
| Rep counter power supply                | 2 AA batteries  |

### USER AMENITIES

|                       |   |
|-----------------------|---|
| Front placards        | Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification |
| Rear placards         | Color-coded machine identification, exercise specific stretching  |
| Placard color coding  | Yellow (upper body)   |
| Rep counter           | Electronic counter displays reps, exercise time and rest time   |
| Personal storage      | Two tactile storage mats, personal device cradle and towel hook   |
| Action Specific Grips | Exercise specific grips improving feel, function and form during use; rotating  |

grips for added comfort

|                   |     |
|-------------------|-----|
| Pivoting arm pads | Yes |
| Elbow Wear Covers | Yes |
| Contoured seat    | Yes |

## WEIGHT STACK

|                             |                                    |
|-----------------------------|------------------------------------|
| Total stack weight          | 90 kg / 200 lbs.                   |
| Weight plate increments     | 4.5 kg / 10 lbs                    |
| Incremental weight system   | 1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs |
| Max Training Weight         | 93.4 kg / 207.5 lbs                |
| Consistent 53" stack height | Yes                                |
| Weight stack guarding       | Full front and rear shields        |