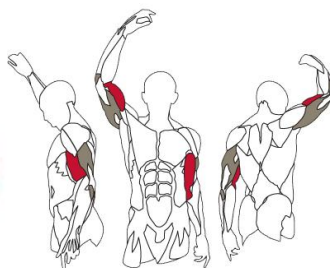


L140 – Biceps / Triceps

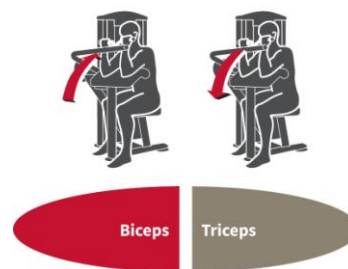
TR Series



muscles:



It allows for a dual exercise:



Specifications

Length	116 cm / 47"
Width	121 cm / 48"
Height	152 cm / 60"
Weight	207 kg / 456 lbs
Weight stack	91 kg / 200 lbs

Multi-position rotating double handles.



This facilitates grip while exercising biceps and triceps, helping to improve the position and adaptation of the user during the exercise

Adjustable training angle with 6 different positions



From position 1 to 3 to exercise the biceps and positions 4 to 6 to exercise the triceps.

Photovoltaic technology in strength equipment: *Optional Photovoltaic Monitor*



Our monitors provide useful information for the user:

Didactic aim:

Help the users to check whether the rep was

Causes motivation:

It encourages the users to improve the exercise

Helps to user loyalty:

The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

Information provided:

- Right repetitions completed
- Percentage completed
- Range of exercises in each repetition
- Calories
- Total weight lifted
- Rest time between sessions