

Bicep Curl

VS-S40



- Arm pad is angled for stability, and limits unwanted shoulder movement during exercise
- Optimized pivot location creates biomechanically correct range of motion
- Incremental weight

ADJUSTMENTS

User adjustment range	Adjustable Seat
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

Frame color	Iced Silver
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Machine anchoring locations

TECH SPECS

Overall dimensions	121.8 x 127.0 x 167.1 cm / 48.0" x 50.0" x 65.8"
Rep counter power supply	2 AA batteries
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years

USER AMENITIES

Placard color coding	Yellow (upper body)
Personal storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
Foot Support Kit	Foot Support Kit accomodates shorter individuals (Optional)
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Rear placards	Color-coded machine identification & machine specific stretching
Contoured seat	Yes

WEIGHT STACK

Consistent stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	Heavy: 200 lbs (91 kg); Standard: 150 lbs (68 kg)
Weight plate increments	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)

