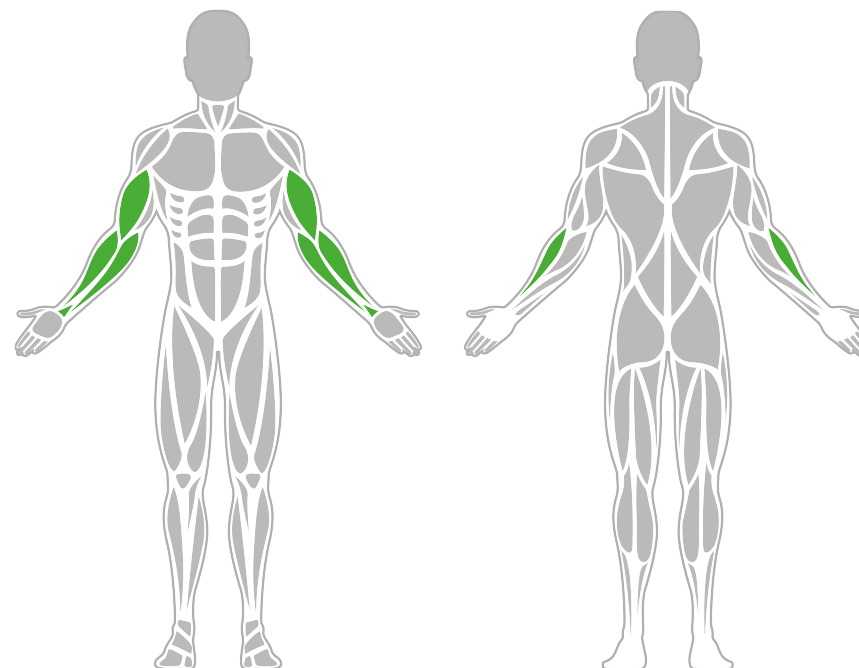




## Muscle Groups Focus



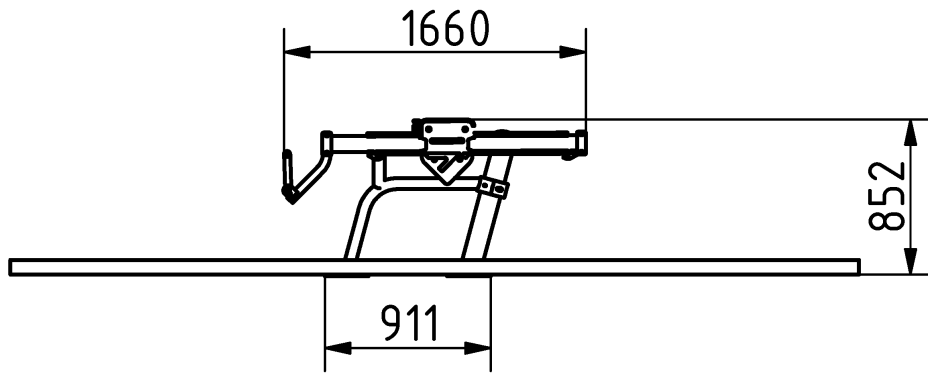
### Weighted Bicep Curl

The BESTRONG Weighted Bicep Curl is ideal for those looking to strengthen and shape their biceps muscles. With adjustable resistance ranging from 3 kg to 53 kg, it offers a challenge for everyone from beginners to advanced users. The machine's stable and robust construction ensures a safe workout. Its minimalist design makes it easy to use, making it an ideal choice for those seeking a simple yet effective tool for their biceps workout.

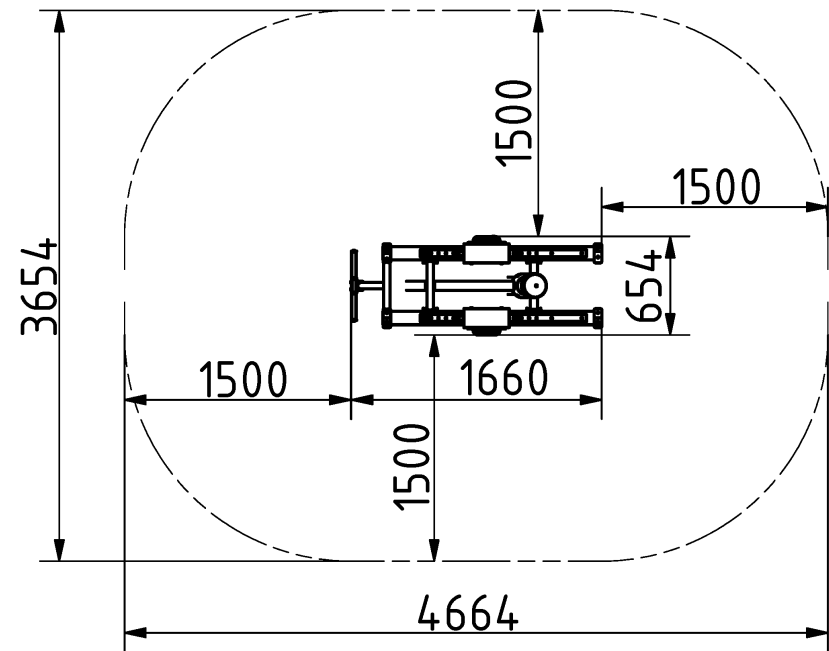
### Attributes

Product code	1-1-321
Certificate	EN 16630
Age group	14 + years
Capacity	1 person
Max. weight load	130 kg
Type	Weighted
Difficulty level	Adjustable

### Side View



### Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	60 min.
Excavation volume	0.54 m <sup>3</sup>
Concrete volume	0.4 m <sup>3</sup>
Size of the base structure	1 x 0.5 x 0.8 m
Anchoring options	Surface mounted
In combined structures, the volume of concrete required varies.	

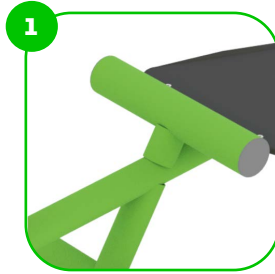
## Technical specification

Safety surface area	Around 1,5 m radius
Net weight	199 kg
Material	S235,S355,KO33,HDPE
Critic fall height	-
Color options	<span style="color: green;">●</span> <span style="color: black;">●</span> <span style="color: red;">●</span> <span style="color: grey;">●</span> <span style="color: yellow;">●</span> <span style="color: blue;">●</span>
For more color options, discuss with your sales representative.	

## Warranty

Structure	25-15 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

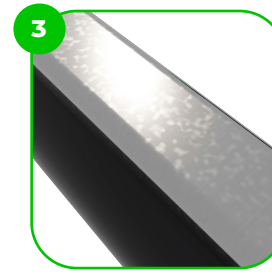
# Material specification



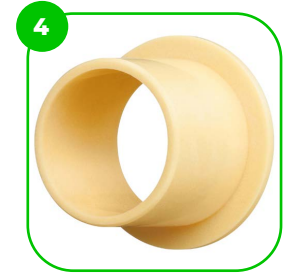
1 The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



2 The bumpers of the devices are made of durable rubber material.



3 The sliding weight rail is made of high-quality stainless steel, which guarantees the product's long-term durability and resistance to weathering.



4 The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



5 The device is equipped with two 40 kg weights, which allow you to perform workouts of varying intensity.

# BESTSTRONG

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