

# Biceps Curl/Triceps Extension DF105

SportsArt Dual Function Series upper-body equipment offers a variety of options to exercise each muscle group and increase strength.

- Spring-lock knobs make cushion adjustment a snap
- Specially contoured cams provide unparalleled ergonomics throughout the entire motion – meaning a perfect start, perfect finish, and smooth resistance that perfectly suits human biomechanics
- DirectDrive™ eliminates slack, so you will never feel the resistance “fall off” at any point during the exercise



### Dimensions

1350 × 1080 × 1560 mm

### Stack Weight

100 Kg

### FEATURES AND SPECIFICATIONS

#### FEEDBACK.

#### WORKOUT PROGRAM

Spring-lock release knobs make for easy, intuitive changeover between bicep and tricep exercises , Seat bottom and back are adjustable – providing proper biomechanical positioning for user safety and comfort , Magnetized stack-fork with retracting tether makes for instant, secure selection of weights , Optional incremental weight adjustment allows users to make weight stack adjustments in smaller 5.5 lb. increments

#### ACCESSORIES

- Deep-groove, 5-inch shrouded pulleys provide faultless cable tracking
- Cold rolled steel weight stacks with noise dampening
- Stainless steel guide rods resist rust and stay smooth
- Internally lubricated 1,500 lb. steel aircraft cables provide quiet, smooth operation
- Heavy-duty European-styled cushions

#### WARRANTY