

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

| | |
|------------------------------------|---|
| Product Weight (Standard Stack) | 216 kg / 475 lbs. |
| Product Weight (Heavy Stack) | 239 kg / 525 lbs. |
| Overall dimensions | 121.8 x 127.0 x 167.1 cm / 48.0" x 50.0" x 65.8" |
| 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

| | |
|----------------------|---|
| 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) |
| Incremental weight system | 5 lbs (2.3 kg) |