



Arm Curl

SI-1-AC

- Bilateral Stability Control for balanced strength development
- Variable resistance cam to provide the correct resistance through the range of motion
- Gas assisted seat adjustment

Muscles:
- Elbow Flexors

Length(mm):	1142
Width(mm):	1205
Height (mm):	1389
Machine Weight (kg):	281

Weight Stack	
Standard (kg):	75

