

DF305 BICEP/TRICEP

The SportsArt Dual Function Strength Series is uniquely engineered to offer training on multiple muscle groups per station without compromising range of motion or user experience, making them ideal for smaller spaces.

KEY FEATURES

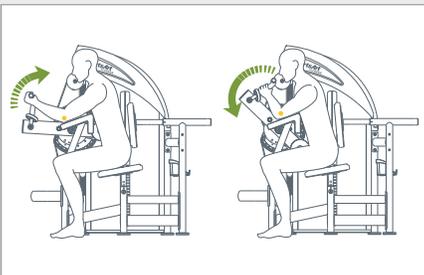
- Direct drive system offers two opposing cams for less cable-slop and faster workout changeover
- Seat back and bottom are adjustable to accommodate different heights
- Plate increments: 20 x 11 lbs (5 kg)
- Heavy duty arm pad with chest support



TECHNICAL DETAILS

Unit Weight	484 lbs / 220 kg
Dimensions (LxWxH)	54.5 x 41.6 x 57 in / 138.3 x 105.7 x 144.7 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Bicep: 11 lbs / 5 kg Tricep: 6.5 lbs / 3 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty marine grade cushions Multiple adjustment points for maximum customization

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Dual cam system improves biomechanics and reduces cable slack



Stacks feature sound dampeners and magnetized selector fork for maximum stability