



# Spirit Bicep Curl

SKU: SPE-PL-3065

- ✓ Designed & manufactured in our UK factory
- ✓ Conforms with ISO/CEN equipment standards
- ✓ Commercial use structural lifetime warranty

The Spirit Plate Loaded Bicep Curl is engineered to optimise the curling motion with maximum muscle engagement. Manufactured in the UK using a combination of heavy-duty box section and premium components for unmatched durability, this machine is made to withstand the rigours of high-performance commercial environments.

The Spirit Bicep Curl features an adjustable seat with 9 positions to support every user and rotating ergonomic handles to promote natural wrist alignment for optimal bicep activation. A large contoured elbow pad provides solid support and is angled to ensure an accurate curling motion and reduce unnecessary strain. The steel linkage connecting the pivot point to the loading arm ensures consistent resistance throughout the full range of motion, and integrated band pegs support dynamic resistance options and advanced training methods.

## Standard Colour Options



## Features

### Adjustable Seat

A 9-position adjustable seat allows users to find the perfect setup for their height and arm length.

### Consistent Resistance

A steel linkage connecting the pivot point to the loading arm ensures consistent resistance for the full range of movement.

### High Impact Feet

High impact ABS plastic feet with concealed floor fixing points protect gym floors and can be used for added stability.

### Rotating Handles

Rotating ergonomic handles move naturally with the arms and reduce wrist strain to promote proper form for effective curls.

### Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

### Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

### Precision Alignment

A large elbow pad provides solid support and is angled for precision alignment to ensure an accurate curling motion.

### Band Pegs

Equipped with band pegs for varied resistance and advanced training methods.

### Made in Britain

Designed and manufactured in Great Britain for superior build quality.

## Specifications

### SKU

SPE-PL-3065

### Length

1090mm / 43"

### Width

1408mm / 55.5"

### Height

1122mm / 44.2"

### Weight

128kg / 282.2lbs

### Start Weight

### Max Load

160kg / 352.74lbs

### Storage

N/A

### Frame

80x80x3mm / 70x70x3mm

### Certifications

EN ISO 20957-1 / EN 957-2

### Warranty

Lifetime - Full Commercial