

Biceps - Triceps (Seated)

Model: ES-55A04YR

FEATURES

The Seated Biceps / Triceps machine reflects the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. Designed to effectively target the upper arms, this dual-function unit allows users to train both biceps and triceps with controlled, efficient movement patterns.

Engineered for full-commercial use, the machine promotes proper positioning and biomechanics, helping users achieve consistent results whether the goal is strength development, muscle definition, or general fitness. Its streamlined design and smooth operation make it a reliable addition to any training facility.

Key Features & Specifications:

Commercial-Grade Frame Construction:

Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing

Functional area: 4.72" × 1.97" × 0.12" flat oval tubing

Movement arms: 3.15" × 1.57" × 0.12" steel tubing

Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing

All structural components utilize high-quality Q235 steel

Smooth & Durable Performance:

Precision-engineered movement arms provide a controlled, fluid range of motion for both exercises

High-strength 7×19 strand cable system rated for up to 3,080 lbs ensures long-term durability and reliability

Full Shroud Design:

Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance

Comfort-Driven Components:

High-resilience MC foam padding delivers long-lasting comfort and support

Upholstered with premium-grade PU leather for durability and easy maintenance

User-Friendly Design:

Intuitive setup allows users to easily transition between biceps and triceps movements while maintaining proper alignment



SPECIFICATIONS

Net Weight: 448lbs **Gross Weight:** 470lbs
Footprint (L × W × H): 44.1" × 49.6" × 63.8"
Weight Stack: 155lbs