

## Standing Biceps/Triceps

**Model:** ES-55A05YR

### FEATURES

The Standing 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 unit provides a versatile and efficient solution for building strength and improving muscle definition.

Its standing design promotes natural body positioning and functional movement, while the cable-driven system delivers smooth, controlled resistance throughout each repetition. Built for full-commercial environments, this machine offers a safe, reliable, and effective training experience for users of all levels.

#### 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:

Cable-driven system provides consistent, controlled resistance for both biceps and triceps movements  
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-Focused Design:

Open, standing layout allows for natural movement patterns and easy access  
Designed to accommodate a wide range of users while maintaining proper alignment and control



### SPECIFICATIONS

•Net Weight: 514lbs Gross Weight: 562lbs  
•Footprint (L × W × H): 55.4" × 31.7" × 87.7"  
•Weight Stack: 220lbs