

Biceps Curl

The Nautilus Inspiration Biceps Curl is optimally designed to position the user into a naturally advantageous pre-stretch position for concentration curls. This seated unilateral piece offers premium support as it isolates the bicep and prevents upper body momentum from influencing the lift. Crafted with a trusted design, the Inspiration Biceps Curl ensures every repetition is a step towards maximum results.



PRODUCT DIMENSIONS	
Width	56 in (142 cm)
Length	45 in (114 cm)
Height	64 in (163 cm)
Overall Weight	613 lb (278 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Fixed path of motion with the axis of rotation highlighted for precise user positioning
Assisted adjustments	Gas assist shock, wrap around handles on all seat height adjustments
Unilateral or bilateral movement	Unilateral and Bilateral dependent can be performed (one or two arm movements)
Color coded pivot points and adjustments	Yes
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Frame & upholstery color	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, and branding options	Yes, with additional fees and extended lead times
Cable vs. belt driven transmission	Cable
Bolt down locations defined	Yes
Integrated leveling system	Yes
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Large and graphical, limited text to eliminate translation requirements
Safety catch & stops	Yes, end range of motion safety stop
Water bottle holders	Yes, integrated to weight stack tower, eye level
Phone holder	Yes, adjustable in size and position
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling
Contoured pads	Yes, contoured pads and comfortable arm support pads
WEIGHT STACK SPECIFICATIONS	
Total stack weight	200 lb (91 kg)
Incremental weight system	10 lb increment, 5 lb add on
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required
Weight stack shroud specifications	Uniform size, standard steel / customized aluminum materials

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