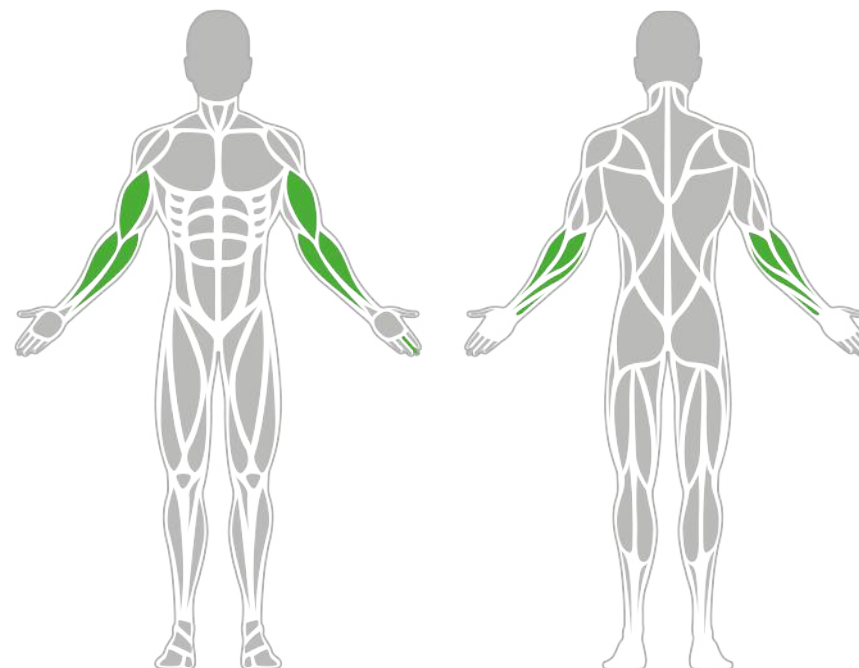




## Muscle Groups Focus



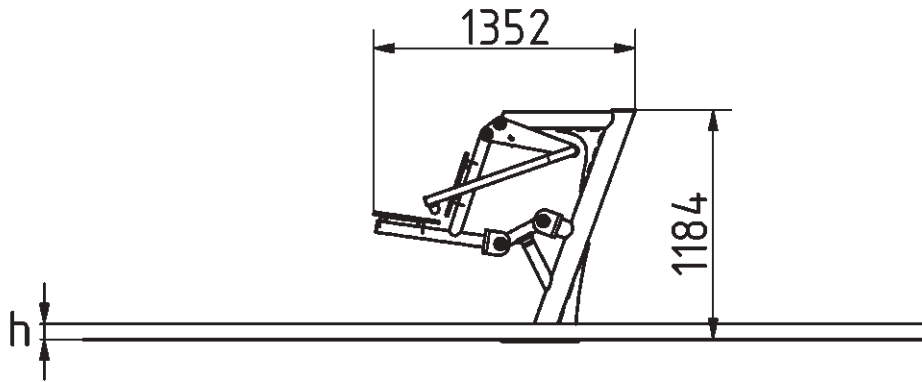
## Biceps Trainer

The Biceps Trainer offers a seamless and efficient way to engage the upper arm muscles in an outdoor setting. Designed for ease-of-use, it provides gentle resistance that's ideal for toning the biceps without overexerting. Suitable for individuals at any fitness level, it emphasizes form and consistency over sheer intensity. This accessible equipment is perfect for those looking to incorporate a straight-forward arm exercise into their routine while enjoying the fresh air.

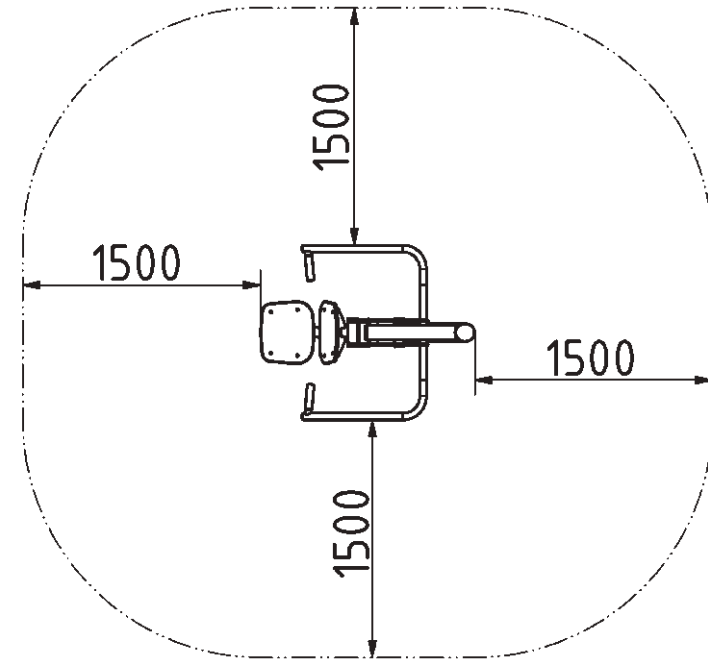
## Attributes

Product code	1-1-318
Certificate	EN 16630
Age group	14 + years
Capacity	1 person
Max. weight load	130 kg
Type	Recreational
Difficulty level	Medium

## Side View



## Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	45-90 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	30-60 min.
Excavation volume	0.56 m <sup>3</sup>
Concrete volume	0.56 m <sup>3</sup>
Size of the base structure	0,7 x 1 x 0,8 m
Anchoring options	In-ground or surface
In combined structures, the volume of concrete required varies.	

## Technical specification

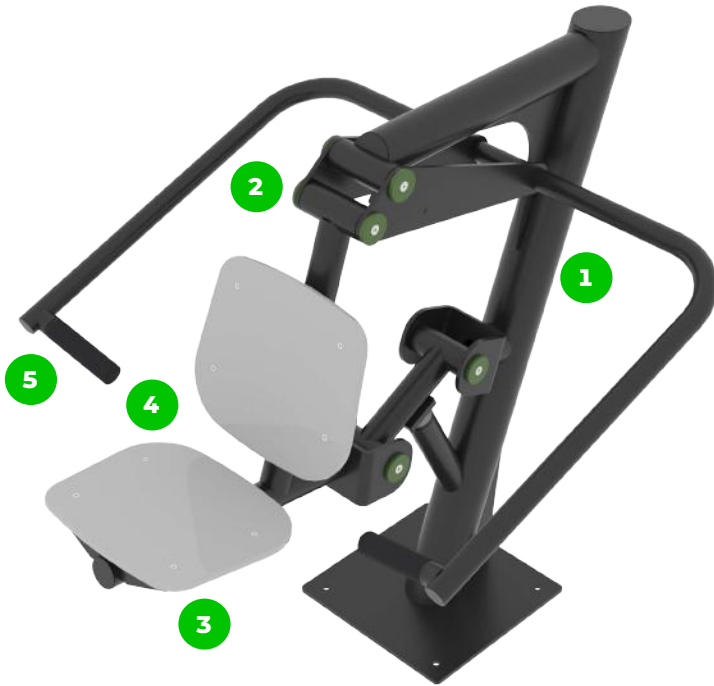
Safety surface area	Around 1,5 m radius
Net weight	82 kg
Material	S235
Critic fall height	650 mm
Color options	<span style="color: green;">●</span> <span style="color: black;">●</span> <span style="color: red;">●</span> <span style="color: grey;">●</span> <span style="color: yellow;">●</span> <span style="color: blue;">●</span>

For more color options, discuss with your sales representative.

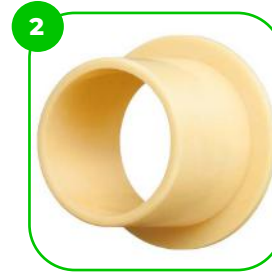
## Warranty

Structure	25-15 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

# Material specification



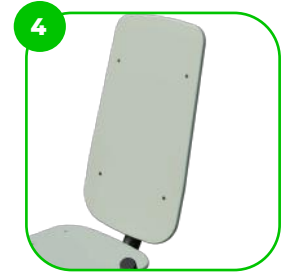
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



The connecting elements are fastened with vandal-proof stainless steel screws and nuts.



The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.



At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.

# BESTSTRONG

 [beststrongworld](#)  [beststrongworld](#)  [global.beststrong.com](#)  [info@beststrong.com](#)

