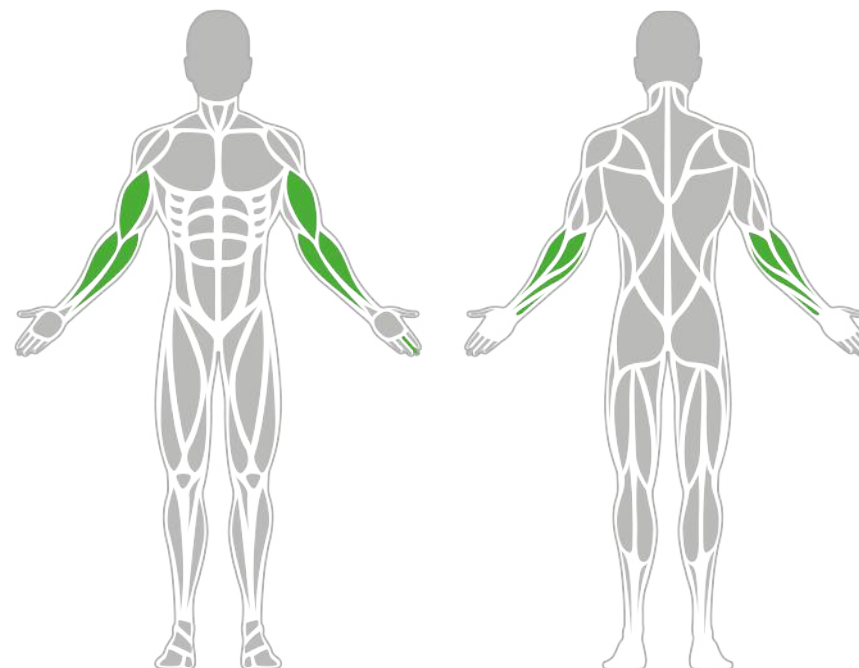




Muscle Groups Focus



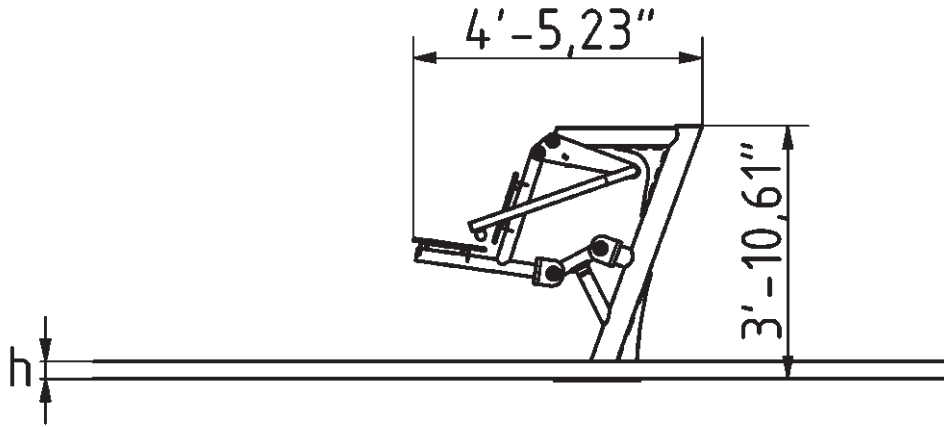
Biceps Trainer

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.

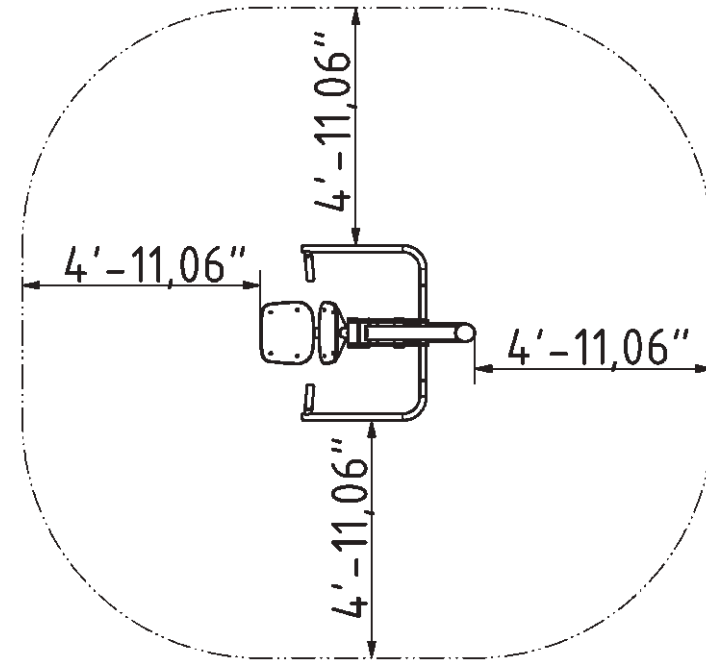
Attributes

Product code	1-1-318
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	286.60 lbs
Type	Recreational
Difficulty level	Easy

Side View




Plan View



Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	60-120 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	30-45 min.
Excavation volume	19.77 ft ³
Concrete volume	19.77 ft ³
Size of the base structure	27.55 x 39.37 x 31.5"
Anchoring options	In-ground or surface
In combined structures, the volume of concrete required varies.	

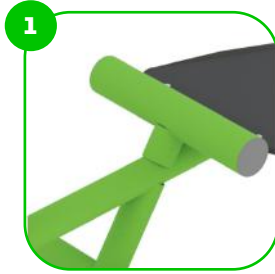
Technical specification

Safety surface area	Around 4.92 ft radius
Net weight	131 lbs
Material	S235
Critic fall height	2'-1.58"
Color options	
For more color options, discuss with your sales representative.	

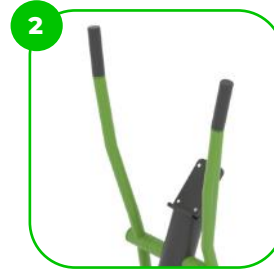
Warranty

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

Material specification



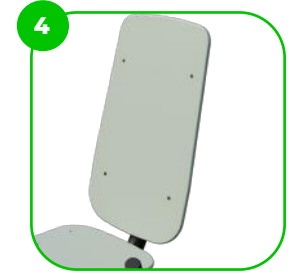
1
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



2
At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.



3
The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



4
The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.

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