

# BICEPS CURL

## RS-2102



SELF-ALIGNING PULLEY  
HOUSING



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

64.50" X 59.00" X 58.00" (164 cm X 150 cm X 148 cm)

### PRODUCT WEIGHT

631 lbs (286 kg)

### WEIGHT STACK

255 lbs (116 kg)

260 lbs with RS-CAGE-NG-OPT1 (118 kg)

## FEATURES

- ◆ Cable-Driven™ exercise movement automatically adjusts to accommodate varying arm lengths and shoulder widths
- ◆ Swiveling pulleys provide pronated, neutral or supinated grip positions
- ◆ Starts the body in an upright posture to improve arm extension for biceps recruitment, then rocks rearward during the exercise to reduce shoulder and back involvement
- ◆ Rocking motion mimics the natural movement of a standing barbell/dumbbell curl without involving the lower back