

Ultra Independent Biceps Curl

G7-S40-AS2007

The powerful, comfortable design of the Ultra Independent Biceps Curl makes toning and building the muscles of the upper arm more efficient and effective. Unique pivoting elbow pads and rotating handles make every curl smarter and more comfortable. An innovative, open design eliminates chest compression and makes entry and exit easier than ever. It includes elbow pad covers to protect the upholstery at touchpoints.

Also available in [Ultra Base option G7-S40B](#).



- Independent motion for greater exercise variety
- Action Specific Grips provide greater comfort and minimal point pressure
- Unique pivoting elbow pads and rotating handles improve function, comfort and feel during use
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals
- Designed for easy entry and exit without chest compression from traditional machines
- Elbow pad wear covers improve upholstery performance in high contact areas

INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only

ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack
POWER REQUIREMENTS	100v-240v / 50-60 Hz AC
SHIPPING WEIGHT	9.4 kg / 21 lbs.
ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	7 position seat
MACHINE ASSISTED USER ADJUSTMENTS	Spring assisted back pad

FRAME & CABLES	
INTEGRATED LEVELING SYSTEM	Yes, top-down leveler
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Independent machine hold down brackets
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
PRODUCT WEIGHT	266 kg / 587 lbs
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER POWER SUPPLY	2 AA batteries
OVERALL "IN-USE" DIMENSIONS (L X W X H)	135 x 168 x 135 cm / 53" x 66.2" x 53"
OVERALL "STATIC" DIMENSIONS (L X W X H)	135 x 162.5 x 135 cm / 53" x 64" x 53"

USER AMENITIES	
PERSONAL STORAGE	Two tactile storage mats, personal device cradle and towel hook
ELBOW WEAR COVERS	Yes
REP COUNTER	Electronic counter displays reps, exercise time and rest time
PLACARD COLOR CODING	Yellow (upper body)
FRONT PLACARDS	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
REAR PLACARDS	Color-coded machine identification, exercise specific stretching
PIVOTING ARM PADS	Yes
ACTION SPECIFIC GRIPS	Exercise specific grips improving feel, function and form during use, rotating grips for added comfort
CONTOURED SEAT	Yes

WEIGHT STACK	
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs
MAX TRAINING WEIGHT	93.4 kg / 207.5 lbs
CONSISTENT 53" STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
TOTAL STACK WEIGHT	90 kg / 200 lbs.
INCREMENTAL WEIGHT SYSTEM	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs