

## Go Series Biceps Curl

GO-S40

Bring our streamlined design to your facility to help those new to strength training improve their upper-arm strength. A highlighted pivot indicates optimal elbow positioning and body alignment, and an extended seat lets users start quickly. Count on our space-saving Biceps Curl to fit your facility, budget and users.

- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Rotating grips increase comfort and reduce wrist strain through the movement.
- Orange pivot visually indicates the proper arm position during exercise.
- Extended seat allows users to properly align elbows with the pivot without a seat adjustment.



ADJUSTMENTS	
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	N/A

FRAME & CABLES	
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables and fittings
MACHINE ANCHORING LOCATIONS	Yes

TECH SPECS	
MAX USER WEIGHT	159 kg / 350 lbs.
PRODUCT WEIGHT	148 kg / 326.5 lbs.
OVERALL DIMENSIONS (L X W X H)	117 x 104 x 137 cm / 46.1" x 41" x 54"
MAX "IN-USE" DIMENSIONS (L X W X H)	125 x 104 x 137 cm / 49.2" x 41" x 54"

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations
PERSONAL STORAGE	Bottle holder and storage area
PLACARD COLOR CODING	Yellow (upper body)

WEIGHT STACK	
WEIGHT STACK GUARDING	Full front and rear metal shrouds
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
TOTAL STACK WEIGHT	54 kg / 120 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.