

# PREACHER CURL / TRICEPS EXTENSION

**HD-3100**



## FEATURES

- Allows performance of biceps and triceps exercises in one machine
- Seven seat pad adjustments for varying user heights
- Multiple range-of-motion adjustments for both exercises

## SPECS

- Product Dimensions L x W x H:  
49.00" (124 cm) x 62.00" (157 cm) x 55.00" (140 cm)
- Product Weight:  
475 lbs (215 kg) (HD) / 510 lbs (231 kg) (HDG)
- Weight Stack:  
190 lbs (85 kg) (HD) / 225 lbs (102 kg) (HDG)



PREACHER CURL



TRICEPS EXTENSION