FITNES S

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

© 2019 HOIST® Fitness Systems. All Rights Reserved | 11900 Community Road, Poway, CA 92064 | 800.548.LIFT (5438) www.HOISTFitness.com | www.facebook.com/hoistfitness | www.youtube.com/hoistfitness | @HOISTFitness