



## selectorized **BICEP**

<p><b>specifications</b></p>	<p><b>GZFI8103</b></p>	
<p><b>weight stack:</b> 200 lbs. (91 kg)</p> <p><b>configuration:</b> 10 – 100 x 10 lbs. (4.5 – 45.5 x 4.5 kg) 120 – 200 x 20 lbs. (54 – 91 x 9 kg)</p>	<p><b>US / METRIC</b> <b>L</b> - 41" / 104 cm <b>W</b> - 54" / 137 cm <b>H</b> - 62" / 157 cm</p> <p>400 lbs. / 181 kg</p>	

**CAM<sup>2</sup>** – Patent-pending cam system has two settings for traditional exercise or low-weight, high-speed movements.

**LM™ Technology** – Handles slide from side to side along a linear shafting, allowing arms to move in a natural movement pattern.

**Handle Design** – Unique handle design allows for a comfortable, natural grip for multiple hand positions.

**Seat Adjustments** – Seat adjustments can be made by simply lifting or tilting and pressing down to the appropriate height.

**Cable** – Heavy-duty, 1/4-inch cable is rated to 4,200 lbs. minimum tensile strength.

**Weight Stack** – Oval-shaped stack is enclosed to limit access to moving parts.

**Bolt-down Strap** – For added safety, equipment can be bolted to the floor.

**Floor Protectors** – Made of molded rubber, floor protectors guard against damaging the floor.

**FREEMOTION FITNESS™**

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