



iSTRENGTH

CSI-BCTE BICEPS CURL / TRICEPS EXTENSION



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-BCTE Biceps Curl/Triceps Extension. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure, Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 7 to 86 kg supports effective training for users of all abilities.

Designed for precise arm training, this dual-function machine uses an angled arm pad to reduce shoulder involvement and keep emphasis on the working muscles. The adjustable, pivoting curl/extension bar accommodates a range of forearm lengths for smooth, natural movement.

The padded, adjustable seat ensures precise ergonomic elbow alignment with lasting comfort and easy upkeep. Built on a heavy-gauge steel frame with commercial-grade components, the machine is engineered for durability and dependable performance.

FEATURES

- Advanced electronic resistance and intelligent software deliver a next-generation training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety and drive faster results
- Angled arm pad helps limit shoulder movement for focus on biceps and triceps
- Easily adjust machine to switch between opposing muscle exercises
- Intuitive touchscreen console allows effortless adjustments & real-time performance feedback

SPIRIT®

SPECIFICATIONS

Performance	• Minimum Resistance: 7 kg • Maximum Resistance: 86 kg • Electronically Adaptive Resistance System • Power: 230V, 13A Type G 3-Pin Plug
Console	• Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic • Over the Air Software Updates
Convenience	• Adjustable Seat Height • Multiple Grip Options • Storage Trays (Top of Weight Resistance Module)
Frame	• Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 159 kg (350 lb)
Dimensions and Weight	• Setup Dimensions: 106.7 cm L x 146.8 cm W x 106.7 cm H • Shipping Dimensions - Shipping Weight: • Carton A: 76.5 x 73.7 x 48.5 cm - 51.0 kg • Carton B: 121.9 x 97.0 x 56.4 cm - 104.2 kg