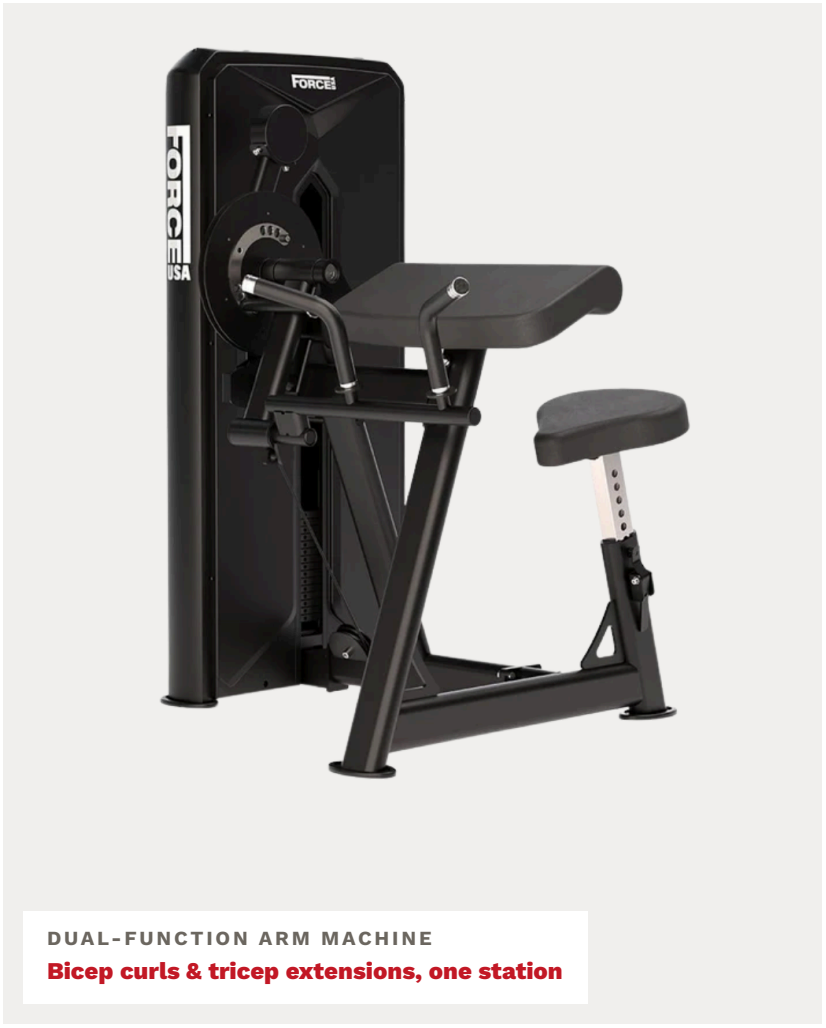



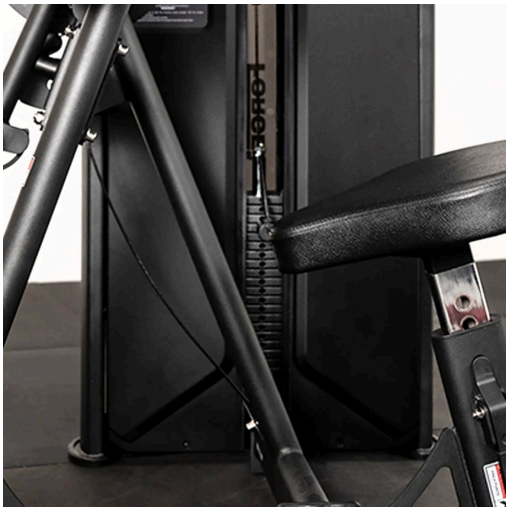

DUAL-FUNCTION ARM MACHINE

Bicep curls & tricep extensions, one station

The Force USA Solitude Bicep / Tricep Machine delivers gym-grade arm training in a single, efficient unit, with a 100kg pin-loaded weight stack on a true 1:1 resistance ratio for accurate, progressive overload. A heavy-duty oval steel frame provides lasting stability, while three adjustment points per movement and a six-position adjustable seat allow precise, personalised positioning for both bicep curls and tricep extensions. Ergonomic contoured arm pads, a magnetic weight selector pin and an anti-rust aluminium handle with precision bearings keep every rep smooth, secure and comfortable.

FEATURES

- Dual-function bicep & tricep in one compact unit
- 100kg pin-loaded stack, true 1:1 resistance ratio
- Six-position adjustable seat height
- Ergonomic contoured arm pads for stable alignment

EQUIPMENT SPECIFICATIONS

Weight Stack	1 x 100kg / 220lb
Device Holder	No
Water Bottle Holder	No
Adjustability	6 height settings for seat
Extra Features	Commercial grade oval steel tubing construction. Ergonomic design arm pads.
Installation	Included
Dimensions	121.5 (L) x 121.5 (W) x 146 (H) cm
Product Weight	217kg

FORCE USA SOLITUDE BICEP / TRICEP MACHINE (F-S-BT-B)