



Biceps Curl

Keystone | VST700-PL40

Your most dedicated strength training enthusiasts can build serious arm strength with a biceps curl station that offers multiple grip options and a thoughtfully crafted design. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.



Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Frame Construction	Heavy duty commercial steel frame tubing, robotically welded

Tech Specs

Overall Dimensions	161.4 x 110.8 x 101.1 cm / 63.5" x 43.6" x 39.8"
Product Weight	100 kg / 221 lbs.
Max User Weight	150 kg / 331 lbs.
Max Training Weight	100 kg / 221 lbs.
Starting Resistance	5 kg / 11 lbs.

User Amenities	
Instructional Placards	Muscle call outs, start and finish exercise illustrations, QR code link to how-to videos
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training
Weight-storage Horns	No
Adjustable Seat	Roller-ratcheting gas assist seat adjustment