



Biceps Curl

Keystone | V-KEY-SL-40

The Keystone Biceps Curl is a commercial biceps curl machine designed for gyms, fitness centers, and high-traffic training environments. It helps users strengthen and define their arms through precise body positioning geometry that supports proper form across a wide range of users. Built with moisture-resistant cushioning and a welded steel frame, this selectorized strength training machine delivers long-term durability, comfort, and consistent performance in demanding commercial fitness facilities.



Adjustments

User Adjustment Range	N/A
Seat Adjustment	Roller ratcheting mechanism with gas-assist
Color-coded Pivots & Points of Adjustment	Yes

Frame & Cables

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Machine Anchoring	Yes
Cable Transmission	Internally lubricated cables and fittings

Optional Kit	
Rep Counter (V-KEY-SL-RC1)	Electronic counter displays reps and time with reset buttons
Incremental Weight System (V-KEY-SL-IW)	2.3 kg / 5 lbs.
Tech Specs	
Overall Dimensions	150 x 115 x 155 cm / 59.1" x 45.3" x 61"
Max "In-use" Dimensions	150 x 115 x 155 cm / 59.1" x 45.3" x 61"
Product Weight	200.2 kg / 441.4 lbs.
User Amenities	
Contoured Seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations, proper machine movements, QR code link to how-to videos
Upholstery	Polyurethane molded foam
Personal Storage	Tactile storage mats, personal device cradle
Weight Stack	
Total Stack Weight	73 kg / 160 lbs.
Max Training Weight	75.3 kg / 165 lbs. including incremental weight
Weight Plate Increments	5 kg / 10 lbs.
Weight Stack Guarding	Full front and rear shields
Consistent Stack Height	Yes: 155 cm / 61"
Back-to-back Configurations	Yes