



Biceps Curl

Keystone | VST700-PL40



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
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User Amenities	
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training
Weight-storage Horns	No
Adjustable Seat	Roller-ratcheting gas assist seat adjustment