

# BICEPS CURL

## PLS-0600



The Palladium Series Plate Loaded PLS-0600 Biceps Curl features a low-profile space-efficient design and unique offset pivot, allowing users to set their preferred elbow position without the need to align with a fixed pivot. True to form curl bar allows for exercise variation, including narrow and wide grips, reverse curls, and one-arm curls.

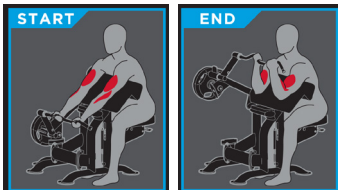
### FEATURES

- Unique off-axis pivot design allows users to place elbows freely on pad without need to align with fixed pivot
- Curl bar provides a variety of grip positions including wide, narrow, and reverse
- 6-position seat uses gas cylinder assist for stable, friction-free adjustments

ADJUSTMENT GUIDE		
HEIGHT	METRIC	SEAT
5'	152cm	1
5' 4"	163cm	2
5' 7"	170cm	3
5' 10"	178cm	4
6' +	183cm +	5-6

### USER AMENITIES

- Height Adjustment Guide
- Instruction Placard illustrates proper START and END positions



### SPECIFICATIONS

DIMENSIONS (L x W x H)  
43" x 49" x 37" / 109cm x 124cm x 94cm

COLOR OPTIONS  
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

REV 2-21-2025