DF305 BICEP/TRICEP

The SportsArt DF-305 Bicep/Tricep combines two opposing arm exercises in one efficient station. Its DirectDrive™ system enables quick movement changes, while the adjustable seat and backrest accommodate different user heights. A heavy-duty arm pad and chest support help stabilize the body for focused training.



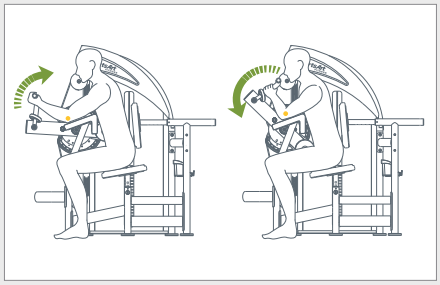
KEY FEATURES

- Direct drive system offers two opposing cams for less cable-slop and faster workout changeover
- Seat back and bottom are adjustable to accommodate different heights
- Plate increments: 20 x 11 lbs (5 kg)
- Heavy duty arm pad with chest support

TECHNICAL DETAILS	
Unit Weight	485 lbs / 220 kg
Dimensions (LxWxH)	54.5 x 41.6 x 57 in / 138.3 x 105.7 x 144.7 cm
Weight Stack	220 lbs / 100 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	Bicep: 11 lbs / 5 kg Tricep: 6.5 lbs / 3 kg
Features	5 inch deep groove POM pulleys provide consistent cable tracking 14-gauge machine welded frame Stainless steel guide rods resist rust and maintain smooth operation Heavy-duty cushions featuring double-stitched upholstery Multiple adjustment points for maximum customization Manufactured to meet EN ISO 20957 / ASTM F2276 standards

WARRANTY*	
Type	Full Commercial - no usage limit
Frame	10 Years
Weights & Guide Rods	5 Years
Cables, Belts, Bearings & Parts	3 Years
Grips, Enclosures & Covers	1 Year
Upholstery	6 Months
Labor	1 Year

NOTABLE DETAILS



Dual Function Series allows users to work at least 2 major muscle groups per machine maximizing both space and convenience



Dual cam system improves biomechanics and reduces cable slack



Stacks feature sound dampeners and magnetized selector fork for maximum stability

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