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Biceps



SKU: ONEUP-3211

Specifications

Technical

Specifications

Dimensions (L x W x H)	1060*1385*1005
Machine Weight	148 kg
Weight Stack	/
OEM / ODM	Welcomed
Standard	China Beauty, Black Blue Jay, Burgundy, Deep Clay, Grey, Hunter Green,
Upholstery Colors	Navy, New Purple, Regal Blue, Slate
Frame Colors	Gloss Metallic Silver, Metallic Ash, Desert Bronze, Black Magic Gloss, Gloss White, Black Pearl
Appearance	2 layers of powder coating and baking
Payment term	30% deposit first, 70% balance before delivery (TT, Western Union)
Warranty	3 years for mainframe, 1 year for parts
Instructional Placard	Simple step-by-step instructions for users of all levels to help with setup and exercise, including tips to help maximize workouts.
Stability and Variety	A central fixed handle is provided to improve stability when performing unilateral exercises. Dual handgrip positions provide exercise variation and different muscle involvement.

Pure Seated Dip Machine



SKU: ONEUP-3200

Specifications

Technical Specifications

Dimensions (L x W x H)	1470*1540*860
Machine Weight	140 kg
Weight Stack	/
OEM / ODM	Welcomed
Standard Upholstery Colors	China Beauty, Black Blue Jay, Burgundy, Deep Clay, Grey, Hunter Green, Navy, New Purple, Regal Blue, Slate
Frame Colors	Gloss Metallic Silver, Metallic Ash, Desert Bronze, Black Magic Gloss, Gloss White, Black Pearl
Appearance	2 layers of powder coating and baking
Payment term	30% deposit first, 70% balance before delivery (TT, Western Union)
Warranty	3 years for mainframe, 1 year for parts
Instructional Placard	Simple step-by-step instructions for users of all levels to help with setup and exercise, including tips to help maximize workouts. A central fixed handle is provided to improve stability when performing
Stability and Variety	unilateral exercises. Dual handgrip positions provide exercise variation and different muscle involvement.

Seated Dip



SKU: ONEUP-3026

The **Hammer Strength Seated Dip** is ideal for both functional training and weightlifting. The Hammer Strength Seated Dip is a great traditional weight lifting machine because it replicates exiting a seated position.

It's back and fully operational now with a new stainless steel handle. It's a beauty and the only one of its kind.

- The Hammer Strength Full Commercial Plate Loaded Seated Dip allows exercisers to perform the exercise facing in or out for added variety.
- Hammer Strength machines offer several standard and optional features depending on the piece.
- The Hammer Strength Seated Dip Machine is located on the first floor of State Gym.

We have hammer strength equipment for sale for Home and Gym Use. Find out all of the information about the Hammer Strength Seated Dip for sale.

Seated Standing Shrug



SKU: ONEUP-3070

The **Plate-Loaded Seated/Standing Shrug** is designed to allow exercisers to perform either seated or standing exercises while providing better alignment of the trapezius muscles.

- Machine design allows user to perform either seated or standing exercise
- Handles positioned by the user's side provide better alignment of the Trapezius muscles
- Seated position provides greater stabilization

Seated Biceps



SKU: ONEUP-3025

Commercial Warranty Details

- 10 Years: Frame
- 1 Year: Rotary bearings, weight stacks, pulleys, guide rods, and structural moving parts
- 1 Year: Cable, linear bearings, springs
- 90 Days: Upholstery stitching and items not specified
- Labour: 1 Year

Combo Decline



SKU: ONEUP-3088

The **Plate-Loaded Ground Base Combo Decline** loads at opposite points allowing users to perform a twisting motion in a decline plane. And handles provide user stabilization during single-arm exercises.

Ground Base equipment is designed to keep the exerciser firmly planted on the ground while maximizing power and explosiveness from the feet up.

Seated Arm Curl



SKU: ONEUP-3091

The **Seated Arm Curl** offers the traditional preacher curl position with the same high-grade durability and quality that comes with Hammer Strength benches and racks.

Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability.

- Optimal arm pad angle for bicep isolation
- Bar rack provides self spotting
- Numbered seat adjustment with Hammer lift and lock system

Hammer Strength MTS Iso-Lateral Biceps Curl



SKU: ONEUP-3502

Specifications

Technical Specifications

Dimensions (L x W x H) 1530*1220*1550mm

Machine Weight 328 kg

Important: The MTS Iso-Lateral Biceps Curl Fitness Equipment is a built-to-order product and may require a 3-6 week lead time. The Seated Biceps Curl Machine shown above uses a custom color configuration. Manufactured in China.

This product is designed solely for use in commercial fitness settings.

Hammer Strength MTS Iso-Lateral Triceps Extension



SKU: ONEUP-3509

Specifications

Technical Specifications

Dimensions (L x W x H) 1510*1250*1550mm

Machine Weight 335 kg

Important: The MTS Iso-Lateral Triceps Extension Fitness Equipment is a built-to-order product and may require a 3-6 week lead time. The Seated Triceps Extension Machine shown above uses a custom color configuration. Manufactured in China.

This product is designed solely for use in commercial fitness settings.

Hammer Strength Select Biceps Curl



SKU: ONEUP-3609

Product Features

- Each piece of Hammer Strength Select equipment is an easy-to-use and effective strength training tool. A mechanically simple design allows for rugged durability and a smooth feel.
- Polyethylene spray-coated for impact, corrosion, and abrasion resistance.
- The built-in foot bar enhances user stabilization.
- Sturdy steel tubing, precision welds, and internally lubricated cables help Hammer Strength Select stand up to the toughest environments.
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability; Standard rubber feet protect the base of the frame and prevent the machine from slipping;

- Attention to biomechanics and the natural motion of the user results in equipment that effectively and efficiently builds strength. Built with the Hammer Strength engineering philosophy to produce equipment elite athletes depend on.
- Easy-to-follow instructions illustrate proper use and muscles trained Axis of rotation marked with red indicator to help cue correct alignment.
- Grips retained with aluminum collars, preventing them from slipping during use; Hand grips are an extruded thermo rubber compound that is non-absorbing and wear-and-tear resistant.
- Solid-steel weight plates. A top weight plate is fitted with self-lubricating bushings.
- Separate frame and work-arm color options enhance any club or group training facility.

Hammer Strength Select Triceps Extension



SKU: ONEUP-3610

Product Features

- Each piece of Hammer Strength Select equipment is an easy-to-use and effective strength training tool. A mechanically simple design allows for rugged durability and a smooth feel.
- Polyethylene spray-coated for impact, corrosion, and abrasion resistance.
- The built-in foot bar enhances user stabilization.
- Sturdy steel tubing, precision welds, and internally lubricated cables help Hammer Strength Select stand up to the toughest environments.
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability; Standard rubber feet protect the base of the frame and prevent the machine from slipping;

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