

The Body-Solid Pro•Dual Bicep/Tricep Machine lets you flex your fitness plan to achieve maximum results.

Body-Solid is recognized worldwide as a leader in home gyms and commercial strength training equipment. Over 5 million customers are enjoying the results of strength training in their everyday lives. Our equipment is designed to fit a wide variety of lifestyles, space requirements and user sizes.

- Adjustable arm pad is ergonomically designed to fit multiple users and eliminate unwanted shoulder movements.
- 5-position gas-assisted adjustable seat with back support gives users a comfortable, stable platform to help isolate movement.
- 3-position pivoting handles reduce torque and provide continuous resistance around a natural arc.
- 14 combined adjustments between the bicep and triceps exercises provide users with multiple starting points and greater range of motion.
- Includes a 210 lb. weight stack with a 310 lb. weight stack option.
- Works as a modular component on the Pro •Dual 3-Stack and 4-Stack Gyms.