

**PRODUCT NAME**  
**Biceps Curl**

**PRODUCT CODE**  
**OG.8**



**Develop mass and strength in your upper arms**

Biceps curls are an excellent way to build strong arms with more muscle mass, which is especially useful for pulling movements. Strong and resilient arm muscles are helpful for everyday life, and strong biceps have long been prized for their aesthetics.

**Muscle groups: biceps and forearms**

## SEGMENTS

### Basic information

**Brand** Omnigym  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** 2.5m x 2.5m x 0m  
**Critical fall height (HIC in m)** 0.00m  
**Color scale** RAL Palette  
**Stand count**  
**Surface**  
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
<b>Dips</b>	51mm	4,5mm
<b>Bars</b>	33,7mm	3,5 - 4,5mm
<b>Pillar (square plan)</b>	100mm	4,0mm

### Recommended flooring

**Optimal dimensions** ---  
**Floor surface** Concrete slab + EPDM or concrete feet + loose material  
Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

### Delivery and installation

**Lead time** 5 - 8 weeks  
**Standards** EN16:630