sales@amvplaygrounds.co.uk 01704 89 89 19

Resistance Bicep Curl

Product Code AMVFAF-RBC

Price on Application

*Price stated is for product only.
Contact us for a delivery & installation quote based on your location.*

Dimensions:

Length	917 mm
Width	758 mm
Height	959 mm

Key Stage:



Play Values

This product supports the following areas of child development.

Strength

Hand-eye Co-ordination

Description

Just like a bicep curl found in an indoor gym, our outdoor Resistance Bicep Curl allows you to set the required difficulty level 1-11 before pulling the bar toward you and back down again in a smooth slow motion. Primarily working the biceps, forearms and upper back along with the chest and core. Suitable for all abilities, users new to fitness simply select the lowest intensity and perform a lower number of reps, while those who workout regularly can set themselves a much harder challenge using a higher level and/ or an increased number of reps.

BENEFITS

- Has a variable resistance level 1-11
- Exercises the arms
- Builds strength, tone and definition
- Low impact on joints
- Suitable from 11 years +

SAFETY AND COMPLIANCE

Clearly labelled with safety-in-use guidance and with suggested workouts to help students get the greatest benefit.
Produced under ISO9001 for quality standards and management, and conforms to UK safety standards EN1176 / EN16630.

WARRANTY

- 25 year guarantee on structural parts
- 5 year guarantee on paint and finishes
- 2 year guarantee on bearings and moving parts.
- Plastic parts ar covered for 1 year.

Constructionline Gold Member

Certificate Number 18791 ISO 9001 BS EN 1090 ISO 14001