

## **GCBT380**

### Cam Series Bicep/Tricep Machine



Tricep  
(Bicep shown at left)

#### **GCBT380** **Cam Series Bicep/Tricep Machine**

Raise or lower the adjustable seat for proper positioning and then rest your arms on the overstuffed support pad. Positioned at a 30° angle for precise biomechanical movement, the thoughtful combination of 2"x2" and 2"x4" supportive steel blends structural integrity with comfort. Pull the jumbo pop pin to lower the lifting arm and grab hold of the rotating v-bar handle for a set of arm curls. Now adjust the lifting arm upward and lock it in for a tricep workout.

*Dimensions: 40"H x 45"L x 43"W*

#### **Special Features**

- Lifetime warranty
- Raise or lower the adjustable seat for proper positioning
- Ultra-thick DuraFirm™ upholstery provides maximum comfort
- Positioned at a 30° angle for precise biomechanical movement
- Structural integrity with ultimate comfort
- Adjustable lifting arm can be positioned upward for tricep workout