

# bodytone

## SOLID GROW



### SG32

BICEPS / TRICEPS

# SOLIDGROW

Solid Grow is our strong line designed for comfort and functionality from structural minimalism. Perfect for saving space and greater user freedom. Discover all the news >>>



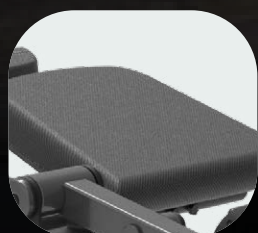
Convergent independent motion



Non-slip grips with PVC cover



Adjustable seats at different heights



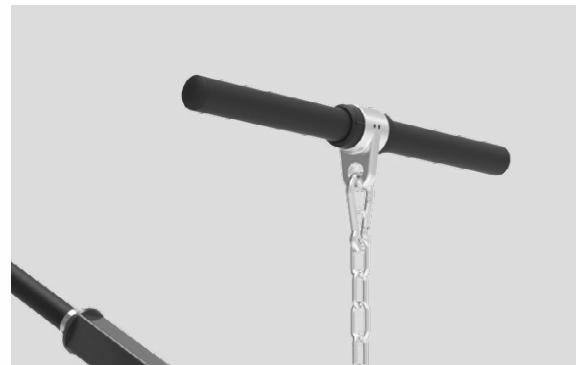
Upholstered on foam high density polyurethane



Platforms and footrests non-slip



Rubber bumpers in the bases



\*Discs not included.

# SG32

## EXERCISE

Perform close grip triceps and biceps.

## DIMENSIONS

1092 x 708 x 1287 mm  
43 x 27.9 x 50.7 in

## WEIGHT

47.3 kg  
104.3 lbs

## WEIGHT CAPACITY

150 kg  
330.7 lbs

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### **STRUCTURE**

76 x 51 mm steel tube and 51 x 51 mm for moving parts, welded using a robotic process and free of projections. 6 mm structural connection plates for an extra rigid connection.

### **MAXIMUM USER WEIGHT**

150kg

### **MAXIMUM WEIGHT LOAD**

Supports Olympic plates up to a limit of 150 kg (75 kg per arm).

### **DISC SUPPORT**

Steel tube covered with PVC sheath, increasing durability.  
Tube measures 250 mm.

### **HANDLE FOR BICEPS**

Maneral for biceps with chain, located on the back to make standing biceps.

### **BEARINGS**

SKF double bearing of 52 mm diameter x 15 mm housed in a closed anti-play bushing, ensuring a constant direction of movement.

### **AXES**

Made of calibrated steel 25mm thick.

### **GRIPS**

Made of 36 mm diameter x 210 mm steel tube with a non-slip PVC cover and aluminum trims.



### **BACK AND SEAT**

Made of high density polyurethane foam, extra comfort. 7cm thick.

### **UPHOLSTERED**

Carbon Fiber leather-like finish. Great durability against friction and wear. Prepared against sweating and antibacterial.

### **SEAT ADJUSTMENT**

Seat height adjustment in 23 positions by means of a spring-loaded rack system, facilitating sliding for adjustment.

### **BASES**

Manufactured in technopolymer injection, ultra resistant and non-slip. Screwed to the ground.

### **HARDWARE**

M10 and hardness of 8.8

### **MAINTENANCE AND LUBRICATION**

Biweekly maintenance. Lubrication of seatposts, guides, bearings and pop pin. Cleaning upholstery with a damp cloth.

### **PAINTING PROCESS**

3 coats of paint.  
Pickled and stabilized steel by total immersion of the parts in different degreasing solutions to guarantee a perfect and complete cleaning of the base material. Antioxidant primer to ensure adequate isolation of internal oxidation and good adhesion of the paint. 2 final coats of epoxy polyester powder paint, dried at 240°C.

### **DESIGN PROCESS**

Study of biomechanics and ergonomics under the supervision of associated professionals and athletes. After a long design period; from the sketch, engineering research, prototype production, test by professional athletes our products come onto the market.

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[www.bodytone.eu](http://www.bodytone.eu)