



CSI-BCTE BICEPS CURL / TRICEPS EXTENSION



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-BCTE Biceps Curl/Triceps Extension. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure, Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 15 to 190 lbs supports effective training for users of all abilities.

Designed for precise arm training, this dual-function machine uses an angled arm pad to reduce shoulder involvement and keep emphasis on the working muscles. The adjustable, pivoting curl/extension bar accommodates a range of forearm lengths for smooth, natural movement.

The padded, adjustable seat ensures precise ergonomic elbow alignment with lasting comfort and easy upkeep. Built on a heavy-gauge steel frame with commercial-grade components, the machine is engineered for durability and dependable performance.

FEATURES

- Advanced electronic resistance and intelligent software deliver a next-generation training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety and drive faster results
- Angled arm pad helps limit shoulder movement for focus on biceps and triceps
- Easily adjust machine to switch between opposing muscle exercises
- Intuitive touchscreen console allows effortless adjustments & real-time performance feedback

SPECIFICATIONS

Performance	<ul style="list-style-type: none"> • Minimum Resistance: 15 lb • Maximum Resistance: 190 lb • Electronically Adaptive Resistance System • Power: 120V/20A Cord/Outlet
Console	<ul style="list-style-type: none"> • Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic Over • the Air Software Updates
Convenience	<ul style="list-style-type: none"> • Adjustable Seat Height • Multiple Grip Options • Storage Trays (Top of Weight Resistance Module)
Frame	<ul style="list-style-type: none"> • Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 350 lbs
Dimensions and Weight	<ul style="list-style-type: none"> • Setup Dimensions: 42" L x 57.8" W x 42" H • Shipping Dimensions - Shipping Weight: Carton A: 30.1" x 29" x 19.1" - 112.4 lb Carton B: 48" x 38.2" x 22.2" - 229.7 lb
US Commercial Warranty	<ul style="list-style-type: none"> • 10 Years Frame • 5 Years Bushings, Bearings, Shocks, Pulleys 2 • Years Parts, Console, Resistance Module • 1 Year Paint and Finishes, Cables, Grips, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned 6 Months Upholstery • • 1 Year Labor Console, Resistance Module <p>*Prisons and correctional facilities are excluded from warranty coverage.</p>