

INDIVIDUAL PRODUCT DETAILS

AE8006 Seated Biceps Curl



1. Identity Card

Model	AE8006
English Name	Seated Biceps Curl
Primary Muscle	Biceps Brachii
Secondary Muscles	Brachialis, Brachioradialis

One-line Pitch

"Maximizing floor efficiency via mirrored layout, while achieving precise biceps isolation through self-adaptive dual-angle grips."

2. Product Overview

The **AE8006** is a selectorized strength machine specifically engineered for elbow flexor training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. It is equipped with extra-long, dual-angle grips that adapt dynamically to forearm rotation during exercise, keeping the wrists in a neutral and comfortable position to enhance both scientific accuracy and safety. These dual angles effectively activate core elbow flexors, including the biceps brachii and brachialis, to meet diverse training goals. The ergonomically designed, oversized arm pad provides stable support for users of various shoulder widths, ensuring a natural posture and optimized force paths for concentrated muscle stimulation. The gas-assisted stepless seat adjustment accommodates different heights, ensuring the user's motion trajectory aligns perfectly with the machine's path for more precise and efficient muscle activation.

3. Key Features



双角度超长握把

握持舒适并能动态适应前臂旋转，确保训练全程手腕保持自然中立位，显著降低关节压力。

Dual-Angle Extra-Long Grips

Provides a comfortable grip that adapts to forearm rotation, keeping wrists in a neutral position to minimize joint strain.



气动无极调节座垫

适配不同身高与体型，让用户能够瞬间调整至最佳高度，确保手臂运动轨迹与器械生物力学完美契合。

Gas-Assisted Stepless Adjustment

Accommodates various heights and body types, allowing for instant height adjustment to align arm movement with the machine's biomechanics.



人体工学支撑系统

手臂靠垫设计贴合人体自然曲线，为不同体型用户提供稳固底座，确保训练姿态稳定，让发力更集中于目标肌群。

Ergonomic Support System

The arm pad matches natural body contours to provide a stable base, ensuring steady posture and focused engagement of target muscles.



孤立训练设计

通过精密的斜面角度设计，有效锁定大臂位置，防止借力动作，实现对肱二头肌的极致雕刻。

Targeted Isolation Design

Precisely angled surfaces lock the upper arms in place to prevent momentum, enabling ultimate sculpting of the biceps.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1427×1002×1529mm 56"×39"×60"
Net Weight	153kg/337lbs
Weight Stack Options	80kg/176lbs
Maximum Weight Stack	80kg/176lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50*150*3.0mm
Arm Tubing	φ60*3.0mm