



PPD-804 Bicep / Tricep

Performance Plus Specifications

2011 Performance Plus General product specifications.

PPD-804 Bicep / Tricep Exclusive Features:

- Made in USA.
- Unique 2-in-1 design offers bicep curl and tricep extension exercises.
- Multi grip handle allows overhand and underhand grip positions.
- Ergonomically designed arm pad and counter balanced pivot arm.
- Patented 5 and 10 lb piggyback add-on weight system standard.
- 150 lb weight stack standard.

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- Low profile 2"x 4" 11 gauge, welded **oval** steel main frame offers modern styling & improved stability.
- 1" solid **stainless steel** pivot shafts, surrounded by internally encased 2" roller bearings on all primary pivot points.
- **Ergonomic** design and variable resistance cams ensure bio-mechanically correct movements & strength curves.
- All machines include rubber stabilizer feet **pre-drilled** for floor mounting.
- 1/4" thick **7-gauge** steel adjustment cams triple chrome plated for durability.

- High density Commercial EMR Urethane foam padding bonded to **1" thick** premium plywood backing supported with grade 8 zinc plated locking hardware and polished aluminum end caps.
- **Commercial Naugahyde** upholstery treated to resist bacteria, scuffing, and scratches.
- High strength, low stretch Military Spec Mectrol steel **reinforced Kevlar** belt transport system standard on most machines.
- Full length **dual sided** weight stack safety shields and **custom molded** shield covers with integrated storage compartments and exercise guides on most units.
- Patented Rotating Axial Convergence (R.A.C.) and Rotating Axial Divergence (R.A.D.) technology on all converging and diverging units mimics natural articulation of shoulder joint for **improved feel and bio-mechanics**.
- Piggyback add-on weight system combined with **Precision steel** weight stack and lanyard secured magnetic weight pin standard on most machines.

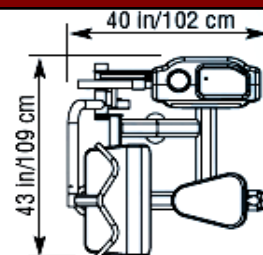
Full Commercial Warranty

10 Years: Frame, welds, cams and weight plates.

5 Years: Pivot bearings, pulleys, bushings, gas shocks & guide rods.

1 Year: Belts, Linear bearings, pull pin components, and all other parts not mentioned.

6 Months: Upholstery, cables, finish, and rubber grips.



Ht: 57 in/145 cm SH Wt: 520 lb/236 kg