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SPORTNOW A91-327V00BK

SPORTNOW Bicep/Tricep Curl Machine User Manual

Model: A91-327V00BK

1. INTRODUCTION

Thank you for choosing the SPORTNOW Bicep/Tricep Curl Machine. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: The SPORTNOW Bicep/Tricep Curl Machine, a versatile 2-in-1 fitness device designed for upper body strength training, specifically targeting biceps and triceps.

2. SAFETY INFORMATION

Before using the machine, consult with a healthcare professional. Always inspect the machine for damage or loose parts before each use. Ensure all bolts and nuts are securely tightened. Keep children and pets away from the machine during operation. Do not exceed the maximum weight capacity of 120 kg for the user and 60 kg for added weight plates.

- Always warm up before exercising.
- Use proper form to avoid injury.
- Stop immediately if you feel pain or discomfort.
- Do not modify the equipment.

3. ASSEMBLY INSTRUCTIONS

The SPORTNOW Bicep/Tricep Curl Machine requires assembly. Please follow these steps carefully. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the parts diagram (not included in this manual, refer to packaging insert) are present and undamaged.
2. **Assemble Base Frame:** Connect the main frame components using the provided bolts and nuts. Ensure the base

is stable and level.

3. **Attach Seat and Arm Pad:** Secure the adjustable seat and the arm pad to the main frame. Ensure the seat adjustment mechanism functions smoothly.
4. **Install Curl Bar Mechanism:** Attach the curl bar and its pivot mechanism to the frame. Ensure the weight plate holder is securely fastened.
5. **Final Tightening:** Once all parts are assembled, go back and securely tighten all bolts and nuts. Do not overtighten.



Image 3.1: The fully assembled SPORTNOW Bicep/Tricep Curl Machine, ready for use in a home gym setting.

4. OPERATING INSTRUCTIONS

This machine is designed for both bicep curls and tricep extensions, offering a comprehensive upper body workout.

4.1 Adjusting Seat Height

The seat can be adjusted to 5 different height positions (42 cm to 52 cm) to accommodate various user heights and ensure optimal exercise form.

- Locate the seat adjustment pin beneath the seat.
- Pull the pin out, adjust the seat to the desired height, and release the pin to lock it into place.
- Ensure the seat is securely locked before beginning your workout.

VOLL EINSTELLBAR & KOMFORTABLES TRAINING



Image 4.1: Illustration of the 5-level seat height adjustment, ranging from 42 cm to 52 cm, allowing users to customize their setup for comfort and effectiveness.

4.2 Adjusting Exercise Angle

The machine features 25 different angle options for the curl bar mechanism, allowing you to target muscles from various angles and optimize your workout intensity.

- Identify the angle adjustment pin on the side of the main pivot point.
- Pull the pin, rotate the curl bar mechanism to the desired angle, and release the pin to secure it.
- Confirm the mechanism is firmly locked before starting your exercise.

EINSTELLUNG DER SONNENUHR

Bietet 25 Sonnenuhr-Einstellungen für verschiedene Winkeloptionen



Image 4.2: Close-up view of the angle adjustment dial, offering 25 distinct settings to fine-tune the exercise range of motion.

4.3 Adding Weight Plates

The machine is designed to be used with standard weight plates (2.5 cm diameter). The maximum load capacity for weight plates is 60 kg.

- Slide desired weight plates onto the weight post at the end of the curl bar mechanism.
- Ensure plates are balanced and secured, if necessary, with collars (not included).

ANPASSBARE INTENSITÄT

Geeignet für 2.5 cm und 5 cm Platten



Image 4.3: Detail showing the weight plate holder, suitable for 2.5 cm diameter plates, with a maximum capacity of 60 kg.

4.4 Performing Exercises

BIZEPS/TRIZEPS-CURL-MASCHINE

Biceps Curl



Trizeps Erweiterung



Image 4.4: Visual guide demonstrating proper form for Bicep Curls (left) and Tricep Extensions (right) using the machine.

- **Bicep Curl:**

- a. Sit on the seat with your chest against the arm pad.
- b. Grasp the curl bar with an underhand grip, hands shoulder-width apart.
- c. Curl the bar upwards, squeezing your biceps at the top of the movement.
- d. Slowly lower the bar back to the starting position, maintaining control.

- **Tricep Extension:**

- a. Sit on the seat with your chest against the arm pad.
- b. Grasp the curl bar with an overhand grip, hands shoulder-width apart.
- c. Extend your arms downwards, contracting your triceps.
- d. Slowly return the bar to the starting position, maintaining control.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your SPORTNOW Bicep/Tricep Curl Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points and moving parts every few months to ensure smooth operation.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Check and tighten all assembly bolts. Ensure the machine is on a flat, stable surface.
Squeaking or grinding noise during use.	Lack of lubrication on moving parts or loose components.	Apply lubricant to pivot points. Check and tighten all fasteners.
Seat or angle adjustment is difficult.	Adjustment pin is stuck or mechanism is dirty.	Clean the adjustment mechanism. Apply a small amount of lubricant to the pin and its housing.

7. SPECIFICATIONS

Feature	Specification
Model Number	A91-327V00BK
Overall Dimensions (L x W x H)	105 cm x 95 cm x 80 cm (41.3" x 37.4" x 31.5")
Item Weight	22 kg (48.5 lbs)
Max User Weight Capacity	120 kg (264 lbs)
Max Weight Plate Load	60 kg (132 lbs)
Seat Height Adjustment	5 levels (42 cm - 52 cm / 16.5" - 20.5")
Exercise Angle Options	25 positions
Frame Material	Alloy Steel
Cushion Material	Synthetic Leather
Color	Black



Image 7.1: Comprehensive diagram illustrating the key dimensions of the SPORTNOW Bicep/Tricep Curl Machine.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer. For technical support, replacement parts, or any inquiries not covered in this manual, please contact SPORTNOW customer service through their official website or the contact information provided at the point of purchase.

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