

BICEP CURL

JPBT-401

◆ A flat arm pad allows for a comfortable workout. It makes sure that the elbows are aligned in order to reduce joint compression. A unique pivot points allows the user flexibility in defining and maintaining the movement path. The Jerai Fitness Bicep Curl provides a maximum weight of up to 165 lbs.

◆ **DIMENSION:**
Length : 48 inches / 122 cms
Width : 36 inches / 91 cms
Height : 58 inches / 147 cms
Weight Stack : 165lbs / 75kg

◆ **MUSCLE WORKED:**
Brachialis
Brachioradialis

