

ARM CURL

JPL-123

◆ A flat arm pad allows comfortable operation. It allows aligning elbow off pad in order to reduce joint compression. Conserve space with this efficient bicep builder.

◆ **DIMENSION:**
Length : 64 inches / 163 cms
Width : 46 inches / 117 cms
Height : 44 inches / 112 cms

◆ **MUSCLE WORKED:**
Brachialis
Brachioradialis

