

◆ The dual independent arms provide balanced and isolated bicep workouts. With a floating pivot mechanism, the motion follows biomechanically correct pathways for optimal muscle engagement. The Jerai Fitness Bisolateral Bicep Curl supports a maximum weight capacity of up to 200 lbs per arm, ensuring a challenging and effective workout experience.

BISOLATERAL BICEP CURL

JPL-124

◆ **DIMENSION:**
Length : 42 inches / 107 cms
Width : 68 inches / 173 cms
Height : 52 inches / 132 cms

◆ **MUSCLE WORKED:**
Brachialis
Brachioradialis

