

**INCLINE BICEP CURL**

**JPL-148**

◆ This machine features an adjustable incline angle, ensuring optimal biomechanical alignment for effective muscle engagement. With a focus on load distribution on the arms, users can isolate and challenge the biceps effectively. Its ergonomic design and padded armrests provide stability and comfort during workouts, promoting proper form and reducing strain. Elevate your arm training regimen with the Incline Bicep Curl, designed for maximum functionality and results.

◆ **DIMENSION:**  
Length : 46 inches / 117 cms  
Width : 66 inches / 168 cms  
Height : 58 inches / 147 cms

◆ **MUSCLE WORKED:**  
Brachialis  
Brachioradialis

