

- ◆ 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 110 lbs.

- ◆ **DIMENSION:**
Length : 48 inches / 122 cms
Width : 36 inches / 91 cms
Height : 56 inches / 142 cms
Weight Stack : 110lbs / 50kg

- ◆ **MUSCLE WORKED:**
Brachialis
Brachioradialis

