

- ◆ The vertical rod has restricted area for movement to allow proper grip. Forearm rest pad allows comfortable and effective workout. The Jerai Fitness Wrist Curl provides a maximum weight of upto 110 lbs.

- ◆ **DIMENSION:**
Length : 24 inches / 61 cms
Width : 30 inches / 76 cms
Height : 44 inches / 112 cms
Weight Stack : 110lbs / 50kg

- ◆ **MUSCLE WORKED:**
Extensor Digitorum

