

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.



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to Access the Video

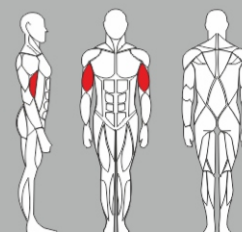
FEATURES

- ◆ **Ergonomic Design:** Adjustable seat and arm pad for optimal alignment and user comfort.
- ◆ **Plate-Loaded Resistance:** Allows customizable weight for all fitness levels.
- ◆ **Non-Slip Handles:** Textured grips for enhanced control and safety.
- ◆ **Compact Structure:** Space-efficient design suitable for any gym setup.
- ◆ **Targeted Muscle Engagement:** Effectively isolates and strengthens the biceps.

SPECIFICATIONS

DIMENSIONS:

Length: 64 inches / 163 cms
Width: 46 inches/117 cms
Height: 44 inches/112 cms
Weight: 213 lbs/97 kg
Start Weight: 18.9 kg
Max Loaded: Single Side: 88 lbs/40 kg Start



MUSCLE WORKED: Brachialis, Brachioradialis

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.