

BICEP CURL

JPRBT - 401

The Bicep Curl machine from the Proton Series is engineered to deliver targeted arm training with maximum comfort and precision. It features ergonomic arm pads that support proper elbow positioning, reducing unwanted shoulder involvement and enhancing muscle isolation. The adjustable seat allows users of all sizes to align themselves correctly, ensuring optimal form throughout the movement. Equipped with angled handles, the machine promotes a natural grip and a smooth, full range of motion—ideal for consistent bicep engagement.



FEATURES

- ◆ **Ergonomic Handles:** Designed for a comfortable, secure grip.
- ◆ **Adjustable Seat:** Customizes height for optimal positioning and proper form.
- ◆ **Durable Construction:** Built with high-quality materials for long-lasting performance.
- ◆ **Comfort Padding:** Cushioned arm supports for added comfort.
- ◆ **Compact Design:** Space-efficient, ideal for smaller gym setups.

SPECIFICATIONS

DIMENSIONS:

Length: 38 inches / 97 cms
Width: 50 inches / 127 cms
Height: 60 inches / 152 cms
Weight: 448.6 lbs / 203.5 kg
Weight stack: 165 lbs / 75 kg

MUSCLE WORKED: Brachialis, Brachioradialis

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

