

BICEP CURL

JBT - 401

Bicep curl is an exercise machine designed to train bicep muscles. This machine offers a flat arm pad for a comfortable workout and makes sure that the elbows are aligned to reduce joint compression. Its unique pivot points allow the user flexibility in defining and maintaining the movement path and provide a maximum weight of up to 165 lbs, making it an ideal choice for a diverse range of users.



Scan Here
to Access the Video

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: 48 inches / 122 cms

Width: 36 inches / 91 cms

Height: 56 inches / 142 cms

Weight: 383.3 lbs / 173.9 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.

