

BICEP CURL

JCRBT - 101

Bicep Curl is designed to deliver focused arm training with a twin movement design that allows each arm to move independently or both arms to be trained together. The angled arm support promotes stable positioning and helps keep the elbows aligned for a comfortable curling motion. Its guided movement pattern encourages smooth repetitions and consistent bicep engagement throughout the exercise. It provides a maximum weight of up to 165LBS (75 KG).



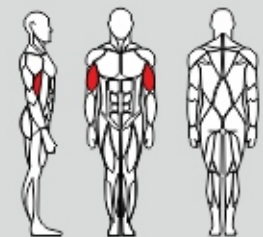
FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 46 inches / 117 cms
 Width: 66 inches / 168 cms
 Height: 62 inches / 157 cms
 Weight: 485.2 lbs / 220.1 kg
 Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Brachialis, Brachioradialis

COLOURS AVAILABLE: Black.