

## BICEP CURL

JPRBT - 401 - RBK - BL

The Bicep Curl machine from the X-Pro 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

**COLOUR AVAILABLE:** Black.

