

## PREACHER CURL BENCH

JPRBR - 109 - RBK - BL

The Preacher Curl Bench from the X-Pro series is designed to isolate the biceps with strict form and control. Built for precision and isolation, the Preacher Curl Bench is designed to target the biceps with strict form and maximum efficiency. Its angled arm pad ensures optimal elbow positioning, reducing strain and promoting peak muscle contraction.



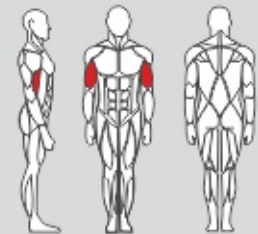
### FEATURES

- ◆ **Ergonomic Arm Pad Design:** Contoured, high-density foam arm pad ensures proper support and comfort during bicep curls.
- ◆ **Adjustable Seat:** Height-adjustable seat allows customization for users of varying heights for optimal form.
- ◆ **Heavy-Duty Frame:** Built with a durable steel frame for stability and durability during intense workouts.
- ◆ **Integrated Barbell Holder:** Strategically placed barbell holder for convenient loading and unloading of weights.
- ◆ **Compact and Space-Efficient Design:** Ideal for both home and commercial gym setups.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 42 inches / 107 cms  
Width: 36 inches / 91 cms  
Height: 40 inches / 102 cms  
Weight: 116 lbs / 52.8 kg



**MUSCLE WORKED:** Brachialis Muscle

**COLOUR AVAILABLE:** Black.

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