

Hydraulic Arm Curl UBX-255



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The bicep curl is an exercise for the elbow flexors which incorporates all upper arm muscles. You can emphasise each muscle by adjusting your grips. It is best to complete bicep curls with a dual movement machine to ensure the elbow flexors are being worked to the same extent.

Features:

User Controlled Resistance
Progressive workout up to 150kg

Instruction Plates
Clear and simple guides

Soft Cushions
Maximum comfort for exercise

Galvanised Zinc Injection & a Powder Coat Finish
Increases longevity

