

WRIST CURL

JBT-403

- ◆ Wrist Curl is an effective machine designed to target and strengthen the forearm muscles. This machine provides a vertical rod with restricted movement and a comfortable forearm rest pad contribute to maintaining proper form and comfort during the workout and it provides a maximum weight of upto 110 lbs.

- ◆ **DIMENSION:**
Length : 24 inches / 61 cms
Width : 30 inches / 76 cms
Height : 44 inches / 112 cms
Weight Stack : 110lbs / 50kg

- ◆ **MUSCLE WORKED:**
Extensor Digitorum

