

Heavy-Duty Preacher Curl

FEATURES

When it comes to isolating the biceps for maximum concentration and development, nothing beats the Preacher Curl! Preacher curls are essential for building overall biceps mass including the often difficult lower biceps. Our preacher curl bench is set to a perfect 30° angle, positioning the upper arm for maximum stretch and full range-of-motion while eliminating stress on your elbows and lower back.

- Full commercial 50mm x75mm high tensile strength steel mainframe
- Extra-thick and super tough DuraFirm™ arm and seat pads
- Fully adjustable to accommodate all size users
- Extra-wide base and bar cradle

OPTIONAL:

Weight plates, bar and collars



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	104L x 79W x 89H

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