

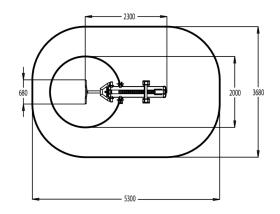
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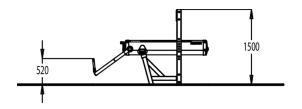
Sisu Bicep Curl





The bicep curl is a strength exercise for developing biceps brachii. The trainee stands close to the handles, grabs the handles from the desired width, and curls the weight up towards the shoulders. The weight can be adjusted steplessly by turning the wheel. The level of resistance (10 - 85 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience.





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