

# Fitness Breakthru

*Personalised Fitness Equipment Specialists*

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## Specs – Body Solid Seated Preacher Curl Bench



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. Weight plates, bar and collars optional.

- Full Commercial 2" x 3" high tensile strength steel frame.
- Extra-thick and super tough.
- DuraFirm(tm) arm and seat pads.
- Fully adjustable to accommodate any size user.
- Extra wide base and bar cradle.
- Ideal for home and commercial use.

**Dimensions:** 88cm(H) x 104cm(L) x 78cm(W)

*Body-Solid®*