

Bicep Curl Arm Bodybuilding Aid

RRP: \$64.95

Bicep Curl Arm Bodybuilding Aid is designed to isolate shoulders and arms during lifting exercises, while at the same time locking the back and elbows into a fixed lifting position.

Included with the Bicep Curl Arm Bodybuilding Aid is a webbed nylon belt rated at 1000lbs, to be used in conjunction with bicep workouts along with an oversized neoprene neck pad for both comfort and safety.

Also included with the Bicep Curl Arm Bodybuilding Aid are dense elbow pads which provide comfort and stability while elbows are resting against the unit.

This product is the perfect companion for arm curls, allowing for the perfect execution of this essential lifting exercise.

Without this companion piece, curls can be dangerous and difficult to perform, with your elbows sliding out of position or the inadvertent use of your back during the exercise.

