

## MULTI ADJUSTABLE BENCH

JHBR - 104

Compact and sturdy design with precision laser cut seat adjustments for a wide range of angles. Scope for optional attachments further increases its versatility.



### FEATURES

- ◆ **Multiple Angle Adjustments:** Offers flat, incline, and decline settings for versatile upper-body workouts.
- ◆ **Durable and Sturdy Design:** Built for stability and heavy-duty use during intense weightlifting sessions.
- ◆ **Ergonomic Seat and Backrest:** High-density foam padding for comfort and proper support during exercises.
- ◆ **Compact and Portable:** Easy to move with integrated handles and wheels, making it ideal for space-saving home or commercial gyms.
- ◆ **Wide Exercise Range:** Perfect for exercises like bench press, dumbbell workouts, and core training.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 78 inches/198 cms

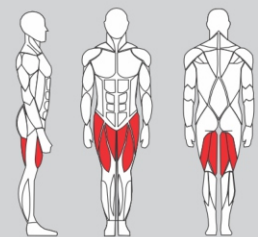
Width: 34 inches/86 cms

Height: N.A.

Weight: 146.4 lbs./66.56 KG

**MUSCLE WORKED:** Full Body

**COLOURS AVAILABLE:** Black.



\*Plates, barbell, attachments and accessories are not included and need to be bought separately.