

## HOME GYM (MULTI BENCH PRESS)

JHBR - 101A

A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.



Scan Here  
to Access the Video

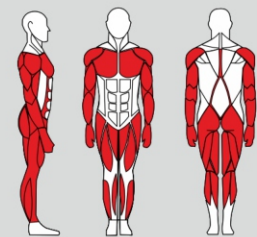
### FEATURES

- ◆ **Adjustable Bench:** Offers flat, incline, and decline positions for versatile workout options.
- ◆ **Built-in Leg Developer:** Includes padded rollers for leg curls and extensions.
- ◆ **Durable Build:** Designed for maximum stability and long-lasting use during intense workouts.
- ◆ **Compact Design:** Ideal for home gyms with a space-saving structure.
- ◆ **Full-Body Workout:** Enables bench press, leg curls/extensions, and dumbbell exercises for complete strength training.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 84 inches/213 cms  
Width: 48 inches/122 cms  
Height: 62 inches/158 cms  
Weight: 110 lbs./50 KG



**MUSCLE WORKED:** Pectoralis Major, Quadriceps, Anterior Deltoid, Hamstrings, Triceps Brachii, Glutes

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

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