

## OLYMPIC DECLINE BENCH

JFBR - 1050

Designed as per the international standards of power lifting. Eight to seventeen-inch bench widths allows free shoulder movement during bench press. Unique roller allows locking of users feet while performing exercise. Forty-six inch bench length allows full stretch of the user's body. Two position replaceable bar hold assembly with heavy-duty stainless steel plate for durability. 15



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to Access the Video

### FEATURES

- ◆ **Durable Construction:** Delivers excellent stability and durability for challenging workouts.
- ◆ **Decline Angle Design:** Optimized for targeting lower chest muscles effectively during decline bench presses.
- ◆ **Ergonomic Padding:** High-density foam padding ensures comfort and proper body support during exercises.
- ◆ **Wide Base Support:** Provides a solid foundation for heavy lifting without any wobble.
- ◆ **Leg Stabilizers:** Padded leg rollers provide stability and support to maintain proper form during decline exercises.

### SPECIFICATIONS

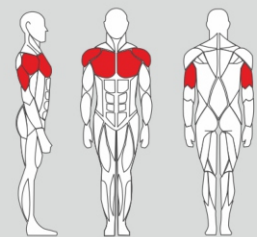
#### DIMENSIONS:

Length: 81 inches / 206 cms

Width: 86 inches / 218 cms

Height: 48 inches / 122 cms

Weight: 140.2 lbs / 63.6 kg



**MUSCLE WORKED:** Pectoralis Major, Anterior Deltoids, Triceps Brachii

**COLOUR AVAILABLE:** Black.