

OLYMPIC FLAT BENCH

JFBR - 1030

Designed as per the international standards of power lifting. Ten-inch bench width allows free shoulder movement during bench press. Forty-eight 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.



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FEATURES

- ◆ **Versatile Application:** Ideal for bench presses, dumbbell presses, and other flat bench exercises.
- ◆ **Ergonomic Design:** Features a flat bench with optimal padding for comfort and proper support.
- ◆ **Integrated Bar Holders:** Equipped with securely positioned barbell holders for ease of use and safety.
- ◆ **Weight Plate Storage:** Includes built-in pegs for convenient and organized storage of weight plates.
- ◆ **Compact and Functional:** Ideal for performing bench presses and other strength-training exercises in a space-efficient design.

SPECIFICATIONS

DIMENSIONS:

Length: 68 inches / 173 cms

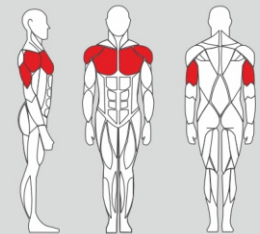
Width: 86 inches / 218 cms

Height: 50 inches / 127 cms

Weight: 99.6 lbs / 45.2 kg

MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

COLOUR AVAILABLE: Black.



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