

OLYMPIC INCLINE BENCH

JFBR - 1040

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 positions replaceable bar hold assembly with heavy-duty stainless steel plate for durability. 30 degree inclined backrest for optimum exercise benefit. Heavy duty platform provided for the spotter.



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to Access the Video

FEATURES

- ◆ **Heavy-Duty Construction:** Designed for exceptional stability and durability during intense workouts.
- ◆ **Inclined Design:** Optimized angle for targeting upper chest and shoulder muscles effectively.
- ◆ **Adjustable Bench Padding:** High-density foam with ergonomic design provides comfort and proper support.
- ◆ **Compact Design:** Space-efficient, making it ideal for both home and commercial gym setups.
- ◆ **Weight Plate Storage:** Includes built-in pegs for convenient organization and access to weight plates.

SPECIFICATIONS

DIMENSIONS:

Length: 78 inches / 198 cms

Width: 86 inches / 218 cms

Height: 55 inches / 140 cms

Weight: 178.7 lbs / 81.1 kg

MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

COLOUR AVAILABLE: Black.

