

OLYMPIC FLAT BENCH

JXBR - 001

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.



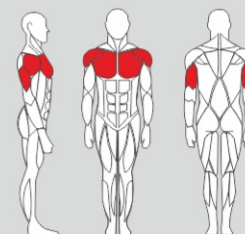
FEATURES

- ◆ **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: 82 inches / 208 cms
Width: 86 inches / 218 cms
Height: 50 inches / 127 cms
Weight: 152 lbs / 69 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

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

*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately