

SUPER BENCH

JPRBR - 104

Three adjustments from horizontal up to nearly 90 degrees & down. Seat adjusts to various positions. Ideal bench for Smith, Cable Cross Over, Dumbbell Fly / Press, Row etc. The nylon wheels provided for trouble free travel.



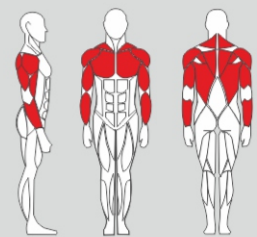
FEATURES

- ◆ **Adjustable Backrest:** Offers multiple incline, flat, and decline settings to support a variety of exercises.
- ◆ **Enhanced Stability:** Wide base ensures the bench remains steady even during heavy lifts.
- ◆ **Compact and Space-Efficient Design:** Ideal for home and commercial gyms with limited space.
- ◆ **Easy Adjustment Mechanism:** User-friendly locking system for quick and secure angle changes.
- ◆ **Transport Wheels:** Equipped with wheels for easy mobility and convenient placement in your workout area.

SPECIFICATIONS

DIMENSIONS:

Length: 54 inches / 137 cms
Width: 28 inches / 71 cms
Height: 20 inches / 51 cms
Weight: 97 lbs / 44.1 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Biceps Brachii, Trapezius, Latissimus Dorsi

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