



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 heavyduty 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

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