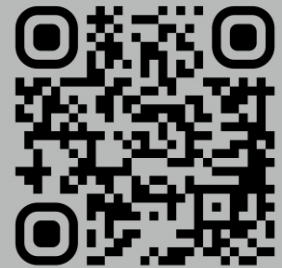


## FLAT / INCLINE COMBO. BENCH

JBR - 133

The Flat Incline Combo Bench makes it possible to train Flat and Incline bench press in the same unit. It includes a platform at the rear for a spotter.



Scan Here  
to Access the Video

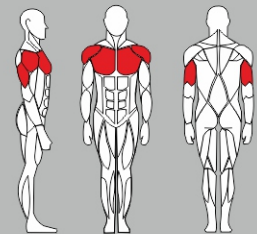
### FEATURES

- ◆ **Versatile Adjustable Design:** Easily adjustable bench to switch between flat, incline, and decline positions for a wide range of exercises.
- ◆ **Heavy-Duty Construction:** Built with a robust frame for stability and long-lasting durability.
- ◆ **Ergonomic Padding:** High-density foam padding provides superior comfort and support during workouts.
- ◆ **Integrated Barbell Holders:** Strategically placed barbell holders for convenient and safe racking.
- ◆ **Easy Adjustability:** Quick and secure adjustment mechanisms for effortless angle transitions.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 72 inches/183cms  
Width: 74 inches/188 cms  
Height: 58 inches/147 cms  
Weight: 249.1 lbs/113 kg



**MUSCLE WORKED:** Pectoralis Major, Anterior Deltoid, 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