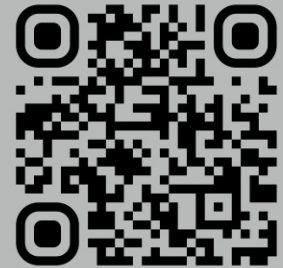
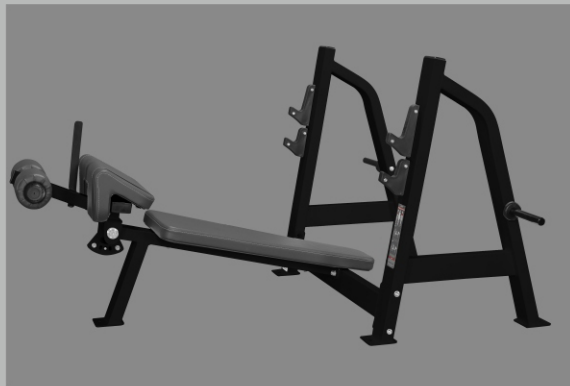


## OLYMPIC DECLINE BENCH

JBR - 109

Designed as per the international standards of power lifting. Eight to seventeen-inch bench widths allows free shoulder movement during bench press. Unique roller allows locking of users feet while performing exercise. Forty-six 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. 15 degree backrest for optimum exercise benefit.



Scan Here  
to Access the Video

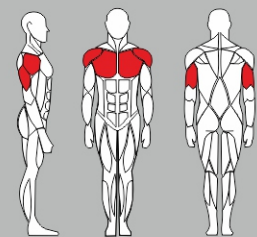
### FEATURES

- ◆ **Durable Construction:** Delivers excellent stability and durability for challenging workouts.
- ◆ **Decline Angle Design:** Optimized for targeting lower chest muscles effectively during decline bench presses.
- ◆ **Ergonomic Padding:** High-density foam padding ensures comfort and proper body support during exercises.
- ◆ **Wide Base Support:** Provides a solid foundation for heavy lifting without any wobble.
- ◆ **Leg Stabilizers:** Padded leg rollers provide stability and support to maintain proper form during decline exercises

### SPECIFICATIONS

#### DIMENSIONS:

Length: 86 inches/218 cms  
Width: 74 inches/188 cms  
Height: 48 inches/122 cms  
Weight: 185 lbs/84 kg



**MUSCLE WORKED:** 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