

WORK BENCH

JBR - 113

The heavy duty versatile construction of Being Strong Utility Bench is ideal for free weight exercises.



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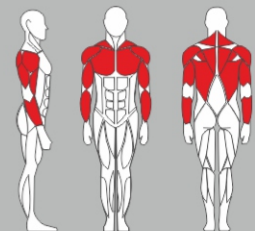
FEATURES

- ◆ **Heavy-Duty Frame:** Designed with durable construction to provide stability and support heavy loads during workouts.
- ◆ **Ergonomic Padding:** High-density foam padding provides optimal comfort and support during exercises.
- ◆ **Compact Design:** Space-efficient and ideal for home and commercial gym setups.
- ◆ **Non-Slip Feet:** Rubberized feet provide stability and prevent movement during workouts, protecting the flooring.
- ◆ **Versatile Use:** Suitable for a variety of exercises, including bench presses, dumbbell exercises, and core workouts.

SPECIFICATIONS

DIMENSIONS:

Length: 55 inches/140cms
Width: 30 inches/76 cms
Height: 21 inches/53 cms
Weight: 55.3 lbs/25.1 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.