

## OLYMPIC DECLINE BENCH

JPRBR - 103

The Olympic Decline Bench from the proton series is designed to focus on lower chest engagement with strong support and safety. Purpose-built for targeting the lower pectoral muscles, the Olympic Decline Bench ensures a secure and powerful decline pressing experience. Equipped with a contoured back pad, adjustable leg rollers for lockdown support, and an angled frame, it promotes proper body alignment and lifting posture.



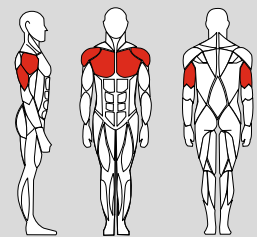
### FEATURES

- ◆ **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: 82 inches / 208 cms  
Width: 70 inches / 178 cms  
Height: 44 inches / 112 cms  
Weight: 204 lbs / 92.8 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.

\*Plates, barbell, attachments and accessories are not included and need to be bought separately.