

## OLYMPIC INCLINE BENCH

JPRBR - 102

The Olympic Incline Bench from the proton series is engineered to enhance upper chest activation through incline pressing. Engineered to emphasize upper chest development, the Olympic Incline Bench provides a stable and secure platform for incline pressing exercises. The fixed angled backrest supports proper biomechanics, while the padded seat ensures comfort and alignment during lifts.



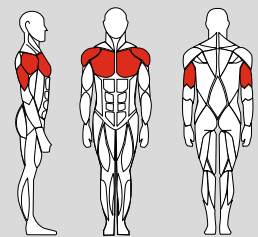
### FEATURES

- ◆ **Heavy-Duty Construction:** Designed for exceptional stability and durability during intense workouts.
- ◆ **Inclined Design:** Optimized angle for targeting upper chest and shoulder muscles effectively.
- ◆ **Adjustable Bench Padding:** High-density foam with ergonomic design provides comfort and proper support.
- ◆ **Compact Design:** Space-efficient, making it ideal for both home and commercial gym setups.
- ◆ **Weight Plate Storage:** Includes built-in pegs for convenient organization and access to weight plates

### SPECIFICATIONS

#### DIMENSIONS:

Length: 72 inches / 183 cms  
Width: 70 inches / 178 cms  
Height: 56 inches / 142 cms  
Weight: 175 lbs / 79.4 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.

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