

## UTILITY BENCH

JPRBR - 105

The Utility Bench from the proton series is designed for seated upper-body exercises with a compact and mobile build. Designed for seated exercises and upper-body isolation, the Utility Bench offers a firm and supportive platform for dumbbell and barbell training. The high backrest promotes correct posture, while the cushioned seat ensures workout comfort.



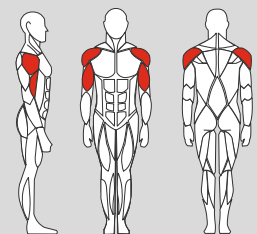
### FEATURES

- ◆ **Heavy-Duty Frame:** Constructed with a durable structure for outstanding stability and lasting performance.
- ◆ **Ergonomic Padding:** High-density foam cushioning ensures comfort and proper support during seated exercises.
- ◆ **Compact Design:** Space-efficient bench ideal for home and commercial gym setups.
- ◆ **Non-Slip Base:** Rubberized feet provide stability and protect flooring from damage during workouts.
- ◆ **Versatile Usage:** Suitable for various exercises, including dumbbell presses, shoulder presses, and seated core workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 40 inches / 102 cms  
Width: 28 inches / 71 cms  
Height: 37 inches / 94 cms  
Weight: 61 lbs / 28.1 kg



**MUSCLE WORKED:** Deltoids, Triceps

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.