

WORK BENCH

JPRBR - 106

The Work Bench from the proton series is designed to provide a solid, flat foundation for essential strength exercises. Simple yet essential, the Work Bench is designed to support a wide range of strength training exercises with maximum stability and comfort. Its flat, high-density cushioned surface provides a solid base for pressing, core, and dumbbell workouts.



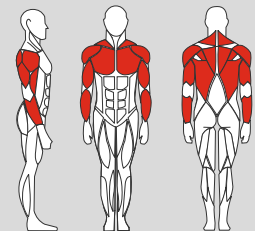
FEATURES

- ◆ **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: 54 inches / 137 cms
Width: 28 inches / 71 cms
Height: 20 inches / 51 cms
Weight: 63 lbs / 28.8 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.