

## SUPER BENCH

JFBR - 1070

Three adjustments from horizontal up to nearly 90 degrees & down. Seat adjusts to various positions. Ideal bench for Smith, Cable Cross Over, Dumbbell Fly / Press, Row etc. The nylon wheels provided for trouble free travel.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Multiple Angle Adjustments:** Offers flat, incline, and decline positions for a versatile workout experience.
- ◆ **Ergonomic Padding:** High-density foam padding provides comfort and support during exercises.
- ◆ **Heavy-Duty Design:** Built for stability and durability, ensuring safety during heavy lifts.
- ◆ **Compact and Portable:** Space-efficient design with built-in handles and wheels for easy movement.
- ◆ **Wide Exercise Compatibility:** Perfect for dumbbell workouts, bench presses, core training, and more.

### SPECIFICATIONS

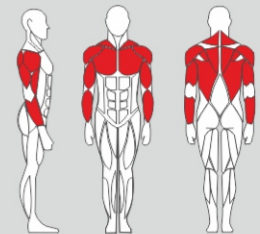
#### DIMENSIONS:

Length: 60 inches / 152 cms

Width: 25 inches / 64 cms

Height: N.A.

Weight: 83.9 lbs / 38.1 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.