

FLAT / INCLINE COMBO. BENCH

JFBR - 1060

The Flat Incline Combo Bench makes it possible to train Flat and Incline bench press in the same unit. It includes a platform at the rear for a spotter.



Scan Here
to Access the Video

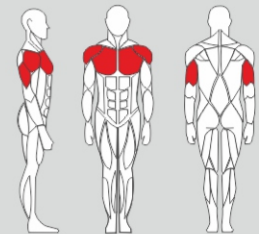
FEATURES

- ◆ **Versatile Adjustable Design:** Easily adjustable bench to switch between flat, incline, and decline positions for a wide range of exercises.
- ◆ **Heavy-Duty Construction:** Built with a robust frame for stability and long-lasting durability.
- ◆ **Ergonomic Padding:** High-density foam padding provides superior comfort and support during workouts.
- ◆ **Integrated Barbell Holders:** Strategically placed barbell holders for convenient and safe racking.
- ◆ **Easy Adjustability:** Quick and secure adjustment mechanisms for effortless angle transitions.

SPECIFICATIONS

DIMENSIONS:

Length: 78 inches / 198 cms
Width: 86 inches / 218 cms
Height: 55 inches / 140 cms
Weight: 188.4 lbs / 85.5 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

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