

Incline Flat Decline Bench

FEATURES

The freeweight bench is the core of any freeweight exercise program. Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks. Allows proper form and positioning for incline press and shoulder press exercises in all racks. Improved design features quick, easy, solid and secure 6-position ladder-style back pad adjustment.

Eight-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip flexor alignment.

- Over 500kg capacity
- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks
- Improved design features quick, easy, solid, and secure 6-position ladder-style back pad adjustment
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with Proper lower back support and hip alignment
- Includes T-Bar Leg Hold Down Attachment
- Expandable for Leg Developer (GLDA1), Preacher Curl Attachment (GPCA1)
- Thick, rich, DuraFirm™ upholstery
- Includes wheels for easy mobility



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	150L x 70W x 56H

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