

OLYMPIC DECLINE BENCH

JXBR - 003 - RBK - BL

Designed as per the international standards of power lifting. Eight to seventeen-inch bench widths allows free shoulder movement during bench press. Unique roller allows locking of users feet while performing exercise. Forty-six inch bench length allows full stretch of the user's body. Two position replaceable bar hold assembly with heavy-duty stainless steel plate for durability. 15 degree backrest for optimum exercise benefit.



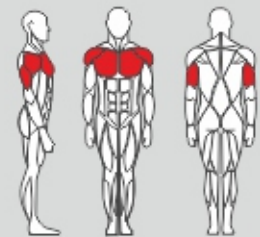
FEATURES

- ◆ **Durable Construction:** Delivers excellent stability and durability for challenging workouts.
- ◆ **Decline Angle Design:** Optimized for targeting lower chest muscles effectively during decline bench presses.
- ◆ **Ergonomic Padding:** High-density foam padding ensures comfort and proper body support during exercises.
- ◆ **Wide Base Support:** Provides a solid foundation for heavy lifting without any wobble.
- ◆ **Leg Stabilizers:** Padded leg rollers provide stability and support to maintain proper form during decline exercises.

SPECIFICATIONS

DIMENSIONS:

Length: 81 inches / 206 cms
Width: 74 inches / 188 cms
Height: 48 inches / 122 cms
Weight: 185 lbs / 84 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

COLOUR AVAILABLE: Dark Silver

*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately