

SUPER BENCH

JXBR - 004 - RBK - BL

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.



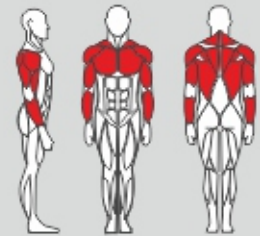
FEATURES

- ◆ **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: 30 inches / 76 cms
Weight: 88 lbs / 40.1 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Biceps Brachii, Trapezius, Latissimus Dorsi

COLOUR AVAILABLE: Dark Silver