

OLYMPIC DECLINE BENCH

JPRBR - 103 - RBK - BL

The Olympic Decline Bench from the X-Pro series is designed to focus on lower chest engagement with strong support and safety. Purpose-built for targeting the lower pectoral muscles, the Olympic Decline Bench ensures a secure and powerful decline pressing experience. Equipped with a contoured back pad, adjustable leg rollers for lockdown support, and an angled frame, it promotes proper body alignment and lifting posture.



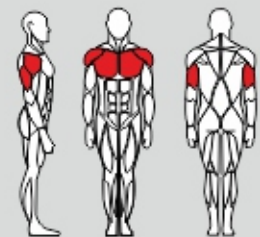
FEATURES

- ◆ **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: 82 inches / 208 cms
Width: 70 inches / 178 cms
Height: 44 inches / 112 cms
Weight: 204 lbs / 92.8 kg



MUSCLE WORKED: Anterior Deltoid, Triceps Brachii

COLOUR AVAILABLE: Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.