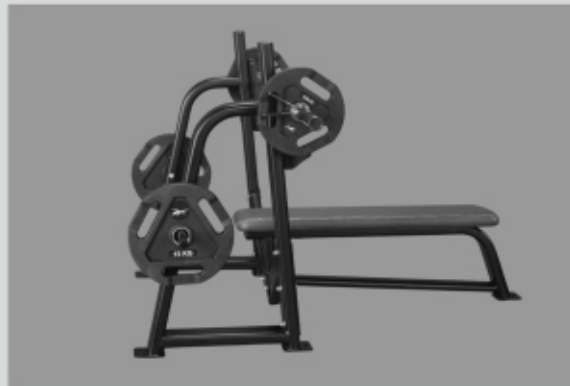


OLYMPIC FLAT BENCH

JPRBR - 101 - RBK - BL

The Olympic Flat Bench from the X-Pro series is designed for foundational flat bench pressing with stability and ease. A cornerstone of any strength training setup, the Olympic Flat Bench is designed for maximum stability and performance during flat bench press exercises. The thick, cushioned pad ensures user comfort and proper alignment, while integrated bar holders provide secure support for Olympic barbells. Equipped with rear-mounted weight horns for plate storage, the bench delivers functionality, durability, and ease of use making it ideal for high-traffic commercial gym environments.



FEATURES

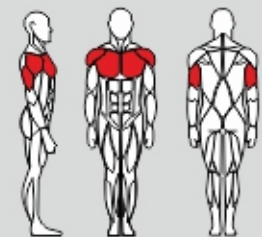
- ◆ **Versatile Application:** Ideal for bench presses, dumbbell presses, and other flat bench exercises.
- ◆ **Ergonomic Design:** Features a flat bench with optimal padding for comfort and proper support.
- ◆ **Integrated Bar Holders:** Equipped with securely positioned barbell holders for ease of use and safety.
- ◆ **Weight Plate Storage:** Includes built-in pegs for convenient and organized storage of weight plates.
- ◆ **Compact and Functional:** Ideal for performing bench presses and other strength-training exercises in a space-efficient design

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

SPECIFICATIONS

DIMENSIONS:

Length: 70 inches / 178 cms
Width: 70 inches / 178 cms
Height: 49 inches / 124 cms
Weight: 164 lbs / 74.4 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

COLOUR AVAILABLE: Black.