



BODYX COMMERCIAL FID BENCH

SKU: BK-3039





PRODUCT
DESCRIPTION



POSITIONS

1

F

FLAT BENCH



2

I

INCLINE BENCH



3

D

DECLINE BENCH



4

S

SHOULDER BENCH





HEAVY DUTY SOLID



WEIGHT **50KG**
LOAD **500KG**





HIGH QUALITY PADDING COMMERCIAL PU WRAPPED 7.5CM THICKNESS







1
플랫 벤치
F

레그 레이즈
Leg raises



덤벨 로우
Dumbbell row



오버헤드 트라이셉스 프레스
Overhead triceps press



덤벨 플랫 벤치 프레스
Dumbbell flat bench press



덤벨 리프트
Dumbbell lift



2
인클라인 벤치
I

바벨 인클라인 벤치 프레스
Barbell incline bench press



덤벨 풀라이
Dumbbell fly



3
디클라인 벤치
D

덤벨 디클라인 벤치 프레스
Dumbbell decline bench press



4
숄더 벤치
S

덤벨 숄더 벤치 프레스
Dumbbell shoulder bench press

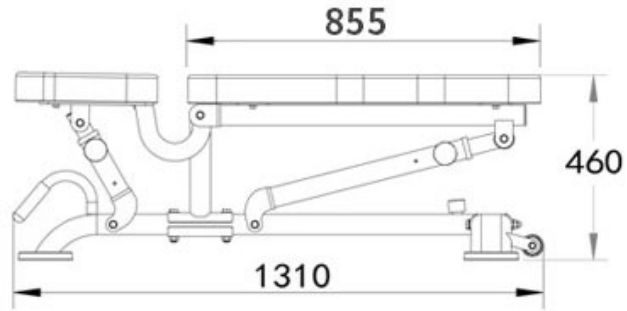
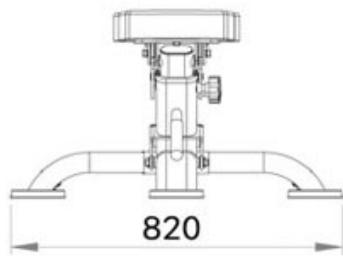
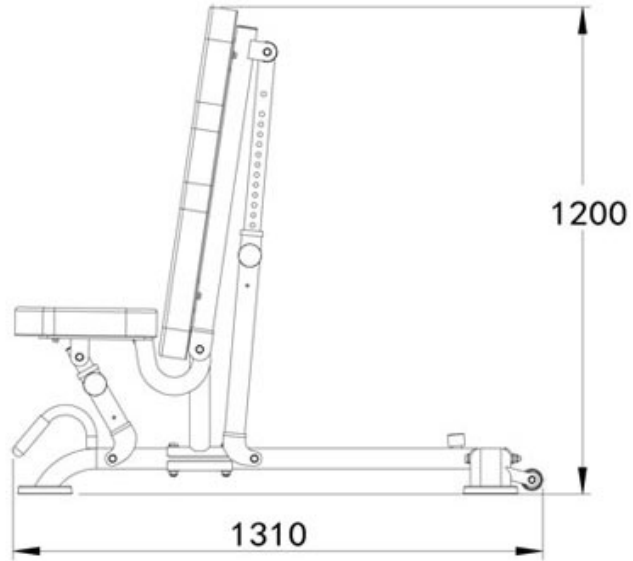
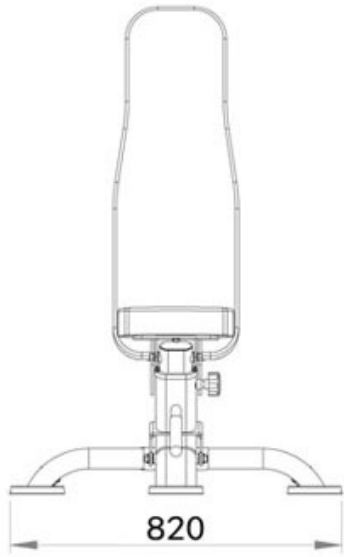


덤벨 레터럴 레이즈
Dumbbell lateral raise



바벨 숄더 벤치 프레스
Barbell shoulder bench press





ADDITIONAL
INFORMATION

More Information

| | |
|--------------------------|-----------------|
| Warranty | 1 Year |
| Product Weight | 35kg |
| Max Load | 500kg |
| Product Dimension | 131 x 82 x 46cm |