



# BODYX COMMERCIAL FID BENCH

SKU: BK-3039





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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

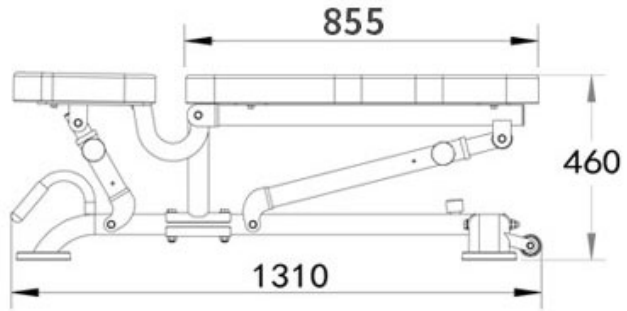
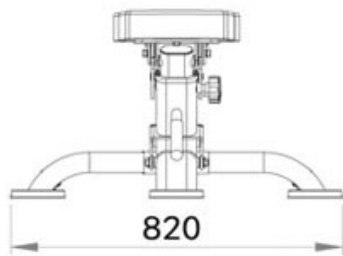
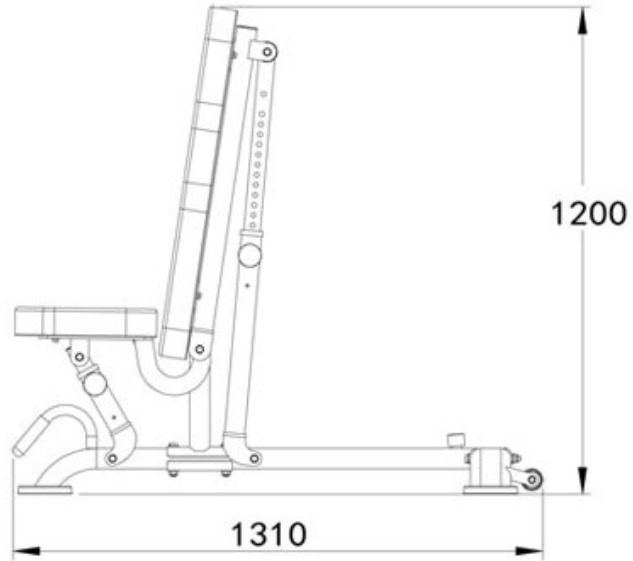
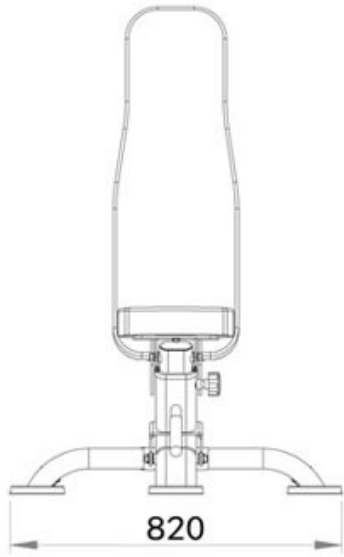


덤벨 레터럴 레이즈  
Dumbbell lateral raise



바벨 숄더 벤치 프레스  
Barbell shoulder bench press





ADDITIONAL  
INFORMATION

More Information

<b>Warranty</b>	1 Year
<b>Product Weight</b>	35kg
<b>Max Load</b>	500kg
<b>Product Dimension</b>	131 x 82 x 46cm