



OPTIMA MULTI-FUNCTION FOLDABLE BENCH PRESS

SKU: BK-3011





OPTIMA MULTI-FUNCTION FOLDABLE BENCH PRESS





ADJUSTABLE INCLINE ANGLE



ARM CURL + LEG CURL / EXTENSION

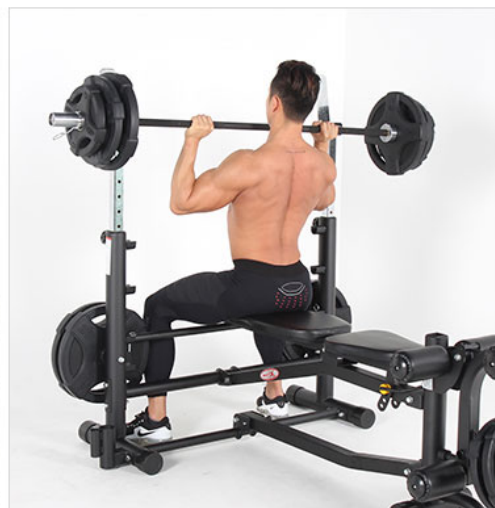


**SPACE SAVING
FOLDS AND UNFOLDS EASILY**



1

**WIDE SPACE OF 115CM
IN THE MIDDLE SUITABLE
FOR MOST WORKOUT**



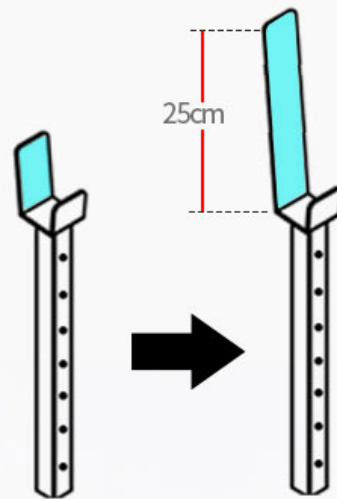


2

25CM LONG BACKING FOR BARBELL HOLDER EASIER TO RACK BACK BARELL



거치대 후면이
새롭게 업그레이드



3

HEIGHT ADJUSTABLE BARBELL HOLDER CATER TO VARIOUS WORKOUT



4

**BARBELL HOLDER REVERSIBLE
TO PERFORM EXERCISE AT
THE BACK OF THE BENCH:
SQUATS / STANDING SHOULDER**



SEATED SHOULDER PRESS



BARBELL SQUATS

5

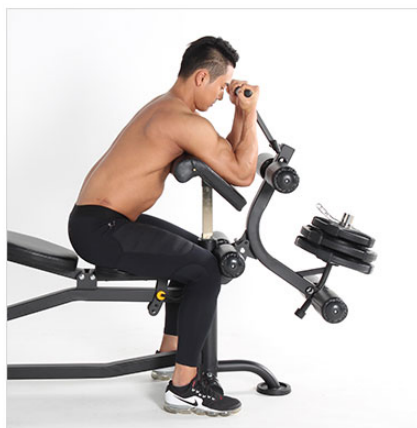
150KG MAX LOAD FOR FRONT WEIGHT PLATE ATTACHMENT



6

REMOVABLE ARM CURL ATTACHMENT

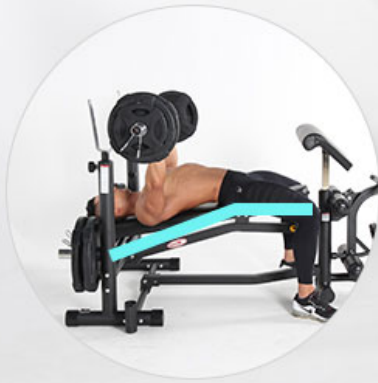
DOES NOT BLOCK LEG MOVEMENT WHILE
PERFORMING LEG CURL / EXTENSION





7

4 ADJUSTABLE POSITIONS 1 DECLINE / 1 FLAT / 2 INCLINE



8

**SUITABLE FOR NORMAL OR
OLYMPIC WEIGHT PLATES**



PLATES AND BARBELL STORAGE

9

**EASY TO FOLD AND UNFOLD
REMOVE LOCK PIN AND FLIP UP**



플랫 벤치 프레스



인클라인 벤치 프레스



디클라인 벤치 프레스



암컬





#암컬



#레그익스텐션



레그익스텐션

레그리프트를 활용하여
하체운동의 필수적인 레그 익스텐션과
레그 컬이 가능합니다

#레그컬

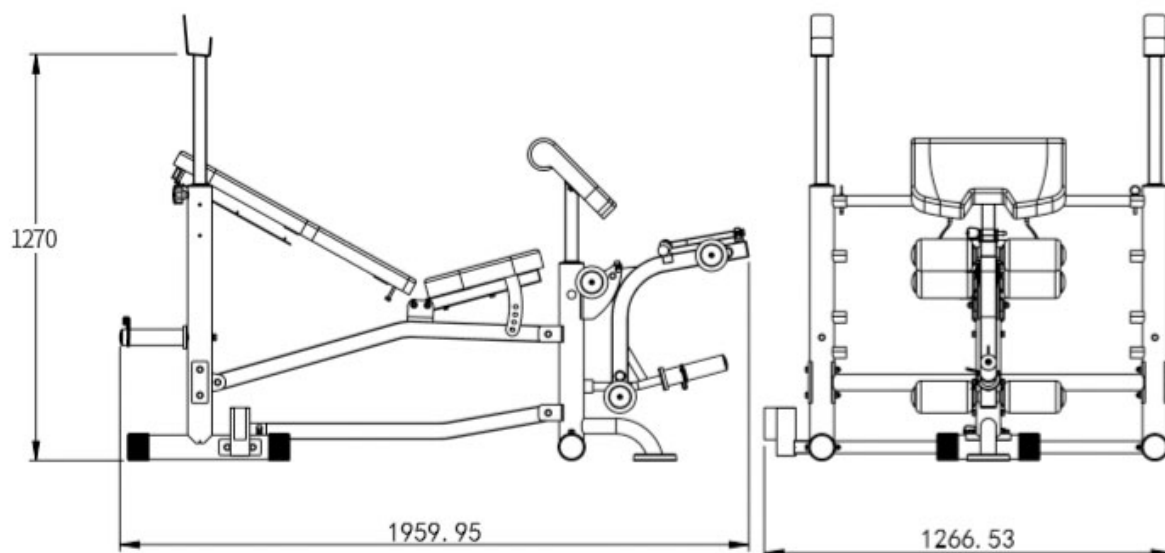


스쿼트



숄더 벤치프레스





ADDITIONAL INFORMATION

More Information

Warranty	1 Year
Product Weight	73kg
Max Load	150kg
Product Dimension	196 x 127 x 92-127cm (L x W x H)