



BODYX BK-3018 FID BENCH W/ ARM+LEG ATTACHMENT

SKU: BK-3018







PRODUCT
DESCRIPTION



SHOULDER BENCHPRESS



INCLINE BENCHPRESS



FLAT BENCHPRESS



DECLINE BENCHPRESS



1

F

FLAT BENCH



2

I

INCLINE BENCH



3

D

DECLINE BENCH





3 INTERCHANGABLE ATTACHMENTS



LEG



ARM



HANDLE





①

300KG MAX LOAD HEAVY DUTY BENCH



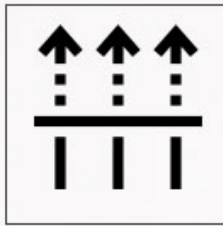
POINT 01
안전성



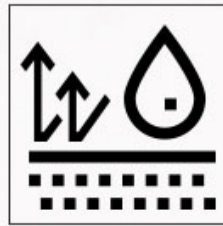


②

8CM THICK PU CUSHION



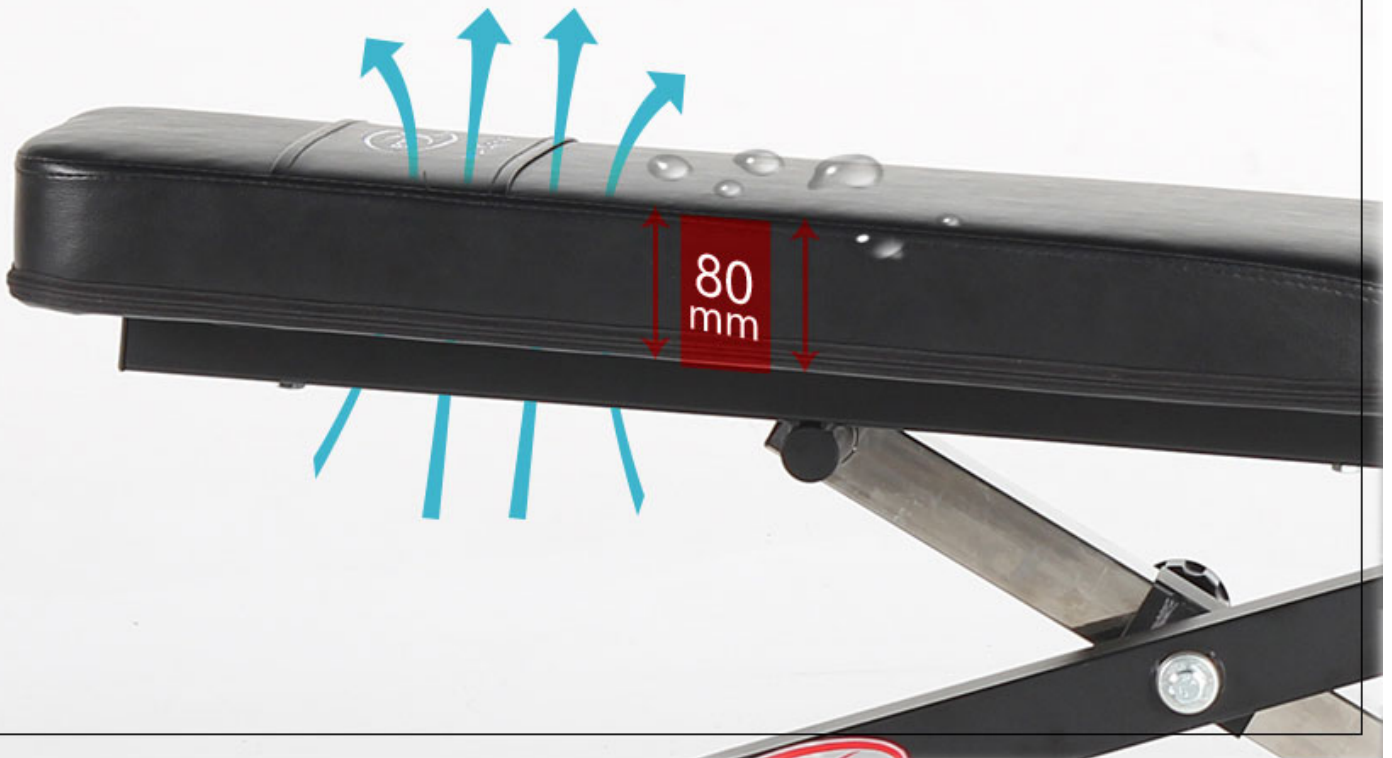
통기성 우수



방수기능

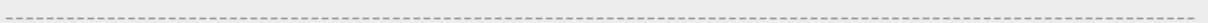
BREATHABLE

**WATER
RESISTANCE**





ADJUSTABLE BACKREST AND SEAT POSITION FOR VARIOUS WORKOUT

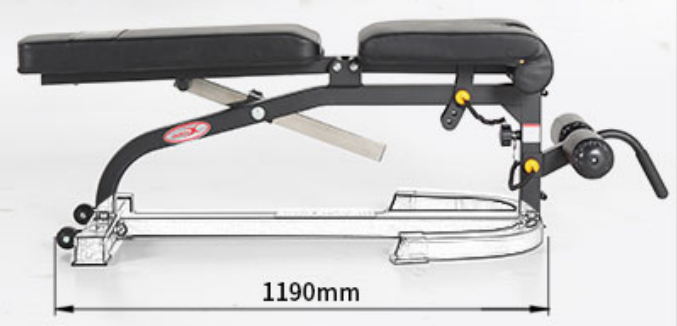




RECOMMENDED ASSEMBLY



**ALTERNATE ASSEMBLY
FOR MORE COMPACT FOOTPRINT**





EASY TO ATTACH AND DETACH



①

EASY TO MOVE AROUND WITH TRANSPORT WHEELS





WORKOUT HABIT





②

20CM LONG WEIGHT PLATE HOLDER MAX LOAD AT 100KG





REMOVABLE OLYMPIC ADAPTOR ACCEPT NORMAL OR OLYMPIC PLATES





WORKOUT HABIT







EXERCISE

덤벨 숄더벤치프레스
Dumbbell shoulder benchpress



바벨 숄더벤치프레스
Barbell shoulder benchpress



덤벨 로우 인클라인벤치
Dumbbell Row Inclinebench



바벨 인클라인벤치프레스
Barbell Inclinebenchpress



덤벨 플라이 플랫폼벤치
Dumbbell fly Flatbench



바벨 플랫폼벤치프레스
Barbell Flatbenchpress



덤벨 체스트프레스 디클라인벤치
Dumbbell chestpress Declinebench



바벨 디클라인 벤치프레스
Barbell Declinebenchpress





EXERCISE

트라이셉스 벤치 딥
Triceps bench Dip



잇업 디클라인벤치
Sit UP Declinebench



레그익스텐션
Leg Extention



레그 컬
Leg Curl



잇업 디클라인벤치
Sit UP Declinebench

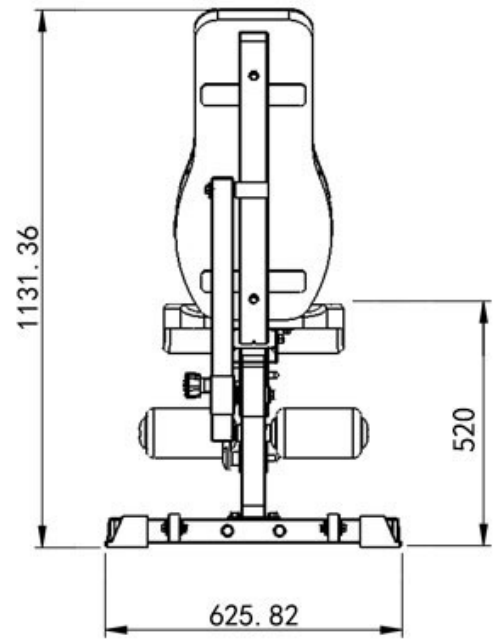
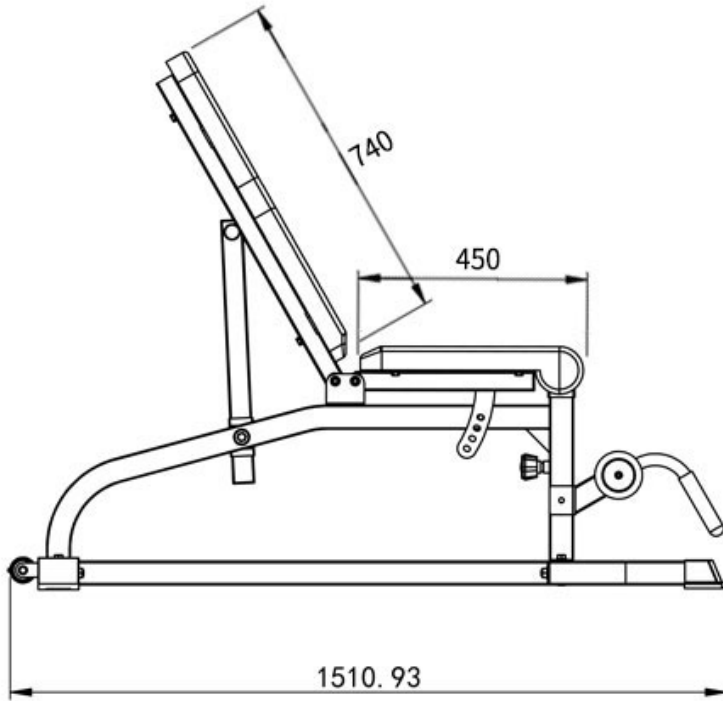


암 컬
Arm curl





SIZE



단위 :MM

ADDITIONAL INFORMATION

More Information

Product Weight
Product Dimension
More Information
Max Load
Warranty

50kg

151 x 62.6 x 54cm (L x W x H)

[Assembly Guide](#)

300kg

1 Year