



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

SKU: BK-3018







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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



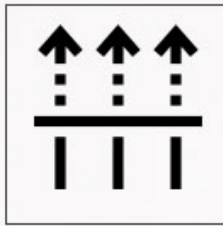
POINT 01  
안전성



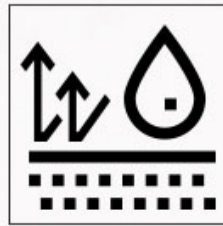


②

## 8CM THICK PU CUSHION



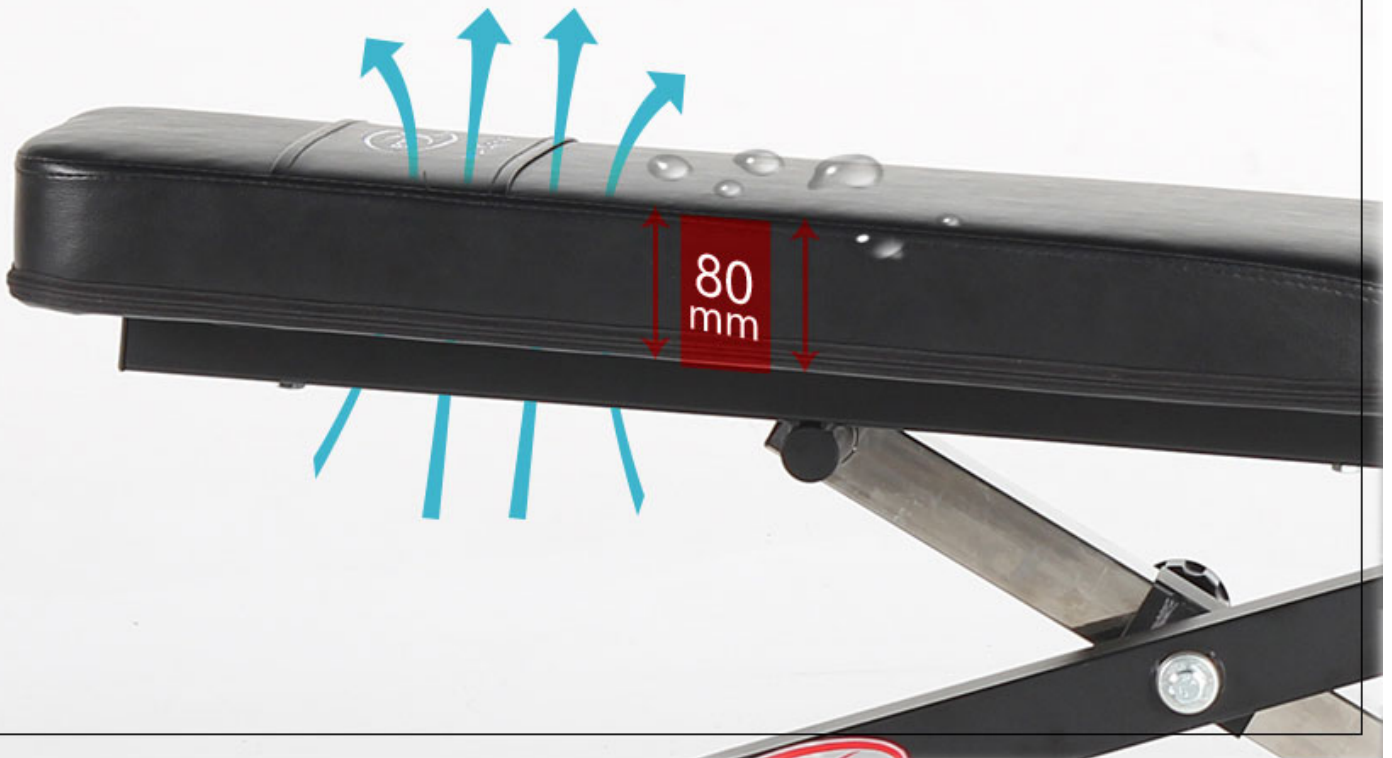
통기성 우수



방수기능

**BREATHABLE**

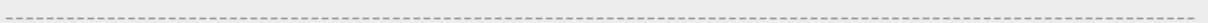
**WATER  
RESISTANCE**







# ADJUSTABLE BACKREST AND SEAT POSITION FOR VARIOUS WORKOUT

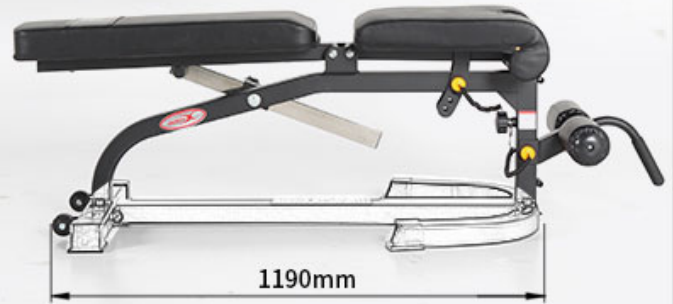




**RECOMMENDED ASSEMBLY**



**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



레그리프트  
한계중량  
100KG





# REMOVABLE OLYMPIC ADAPTOR ACCEPT NORMAL OR OYLMPIC 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

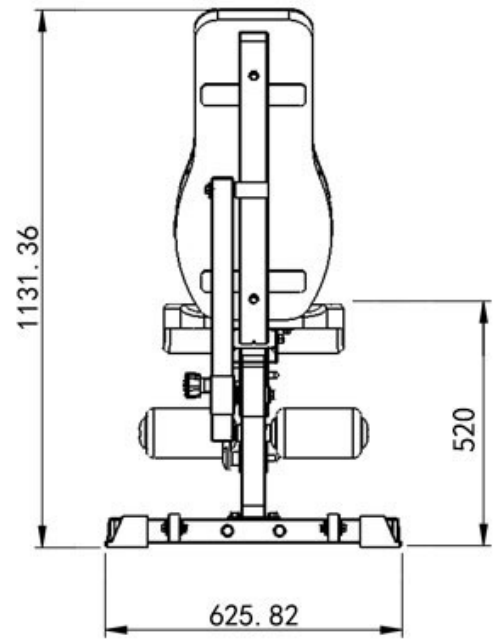
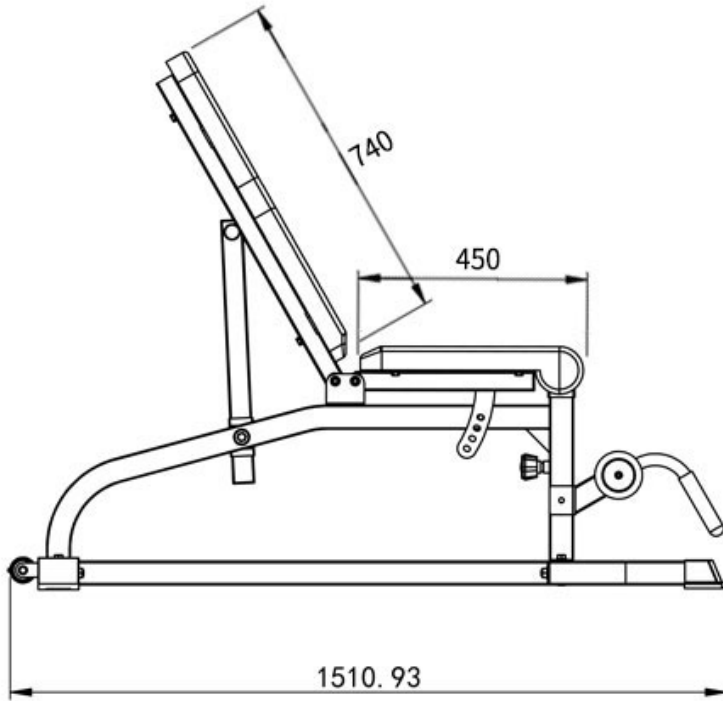


**암 컬**  
Arm curl





## 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