



# PREMIUM WEIGHT BENCH

SKU: BS-FID2





## PRODUCT DESCRIPTION

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Solid, compact and effective, it is strong enough for gym use, while designed to fit into any home.

The Premium Weight Bench is a solid unit and provides free weight exercises to build a rock solid body! The Premium Weight Bench provides quick and easy seat and back pad adjustments during workouts! Combine with a power rack, smith machine or squat racks for the ultimate workout!

### **Product Specifications**

- Fully adjustable from decline to flat to incline positions -18-0-80 Degrees.
  - Quick and easy seat and back pad adjustment.
    - 45cm flat bench height
- Dual rear transport wheels which allows you to easily move and roll the bench anywhere you like without having to pick up the bench completely.
  - Designed for vertical storage
  - Oversize foam rolls.
- Optional Attachment option: Leg Attachment, Crunch Attachment

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### **Add-on options**

#### **Crunch Attachment**

This attachment allows the user to lock their legs in the air for crunch situp. Have a strong core? Take it a step further by doing air crunches



### **Leg Attachment**

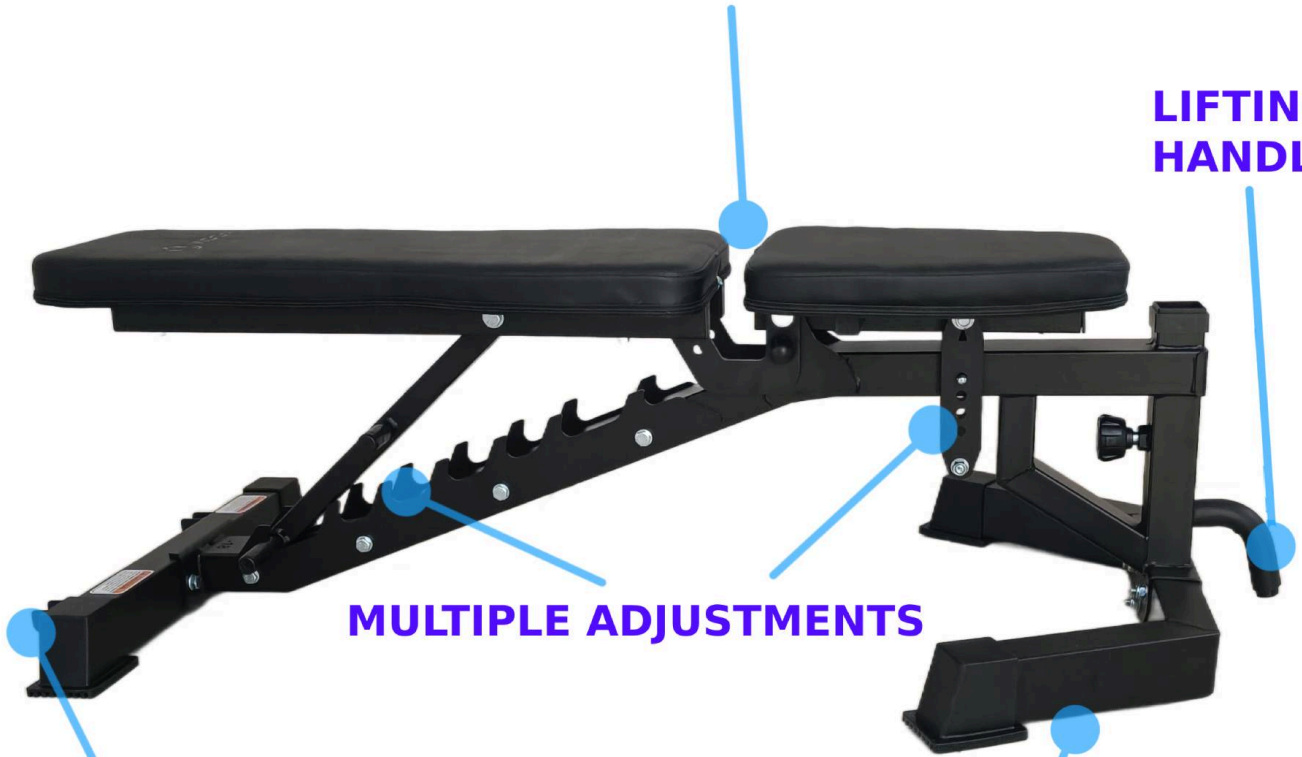
Perform Leg Extension or Lying Leg Curl. Load weight plates for resistance. Can be locked for situp.





**SMALL GAP (45MM)**

**LIFTING  
HANDLE**



**MULTIPLE ADJUSTMENTS**

**WHEELS FOR MOBILITY**

**LEG CAN BE INSTALLED  
INWARD TO SAVE SPACE**



# DESIGNED TO BE STORED VERTICALLY UPRIGHT





### More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 1 year
<b>Assembly</b>	Self assembly
<b>Product Weight</b>	27.4kg
<b>Max Load</b>	300kg
<b>Product Dimension</b>	157.3 x 73.4 x 45cm