



BODYX COMPACT UTILITY BENCH

SKU: BK-4006





PRODUCT DESCRIPTION

Solid, compact and effective, it is designed to fit into any home.

The weight bench is a solid unit and provides free weight exercises to build a rock solid body! The compact 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

- Features Solid Steel Frame / Durable Padding
- Quick and Easy adjustment mechanism allows to adjust Flat, Incline and Decline - 4 x seat and 13 x back adjustments
- Small gap (3cm) between seat and back padding
 - 43cm comfortable height in flat position
- Transport Wheels and handle for easy movement
 - Rubber feet for floor protection and friction





F flat banch
플랫 벤치



I incline banch
인클라인벤치



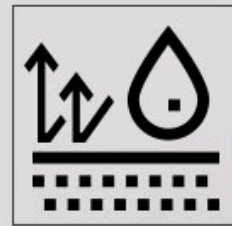
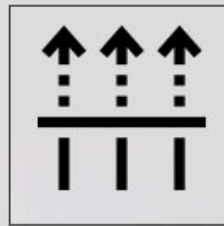
M military banch
밀리터리 벤치



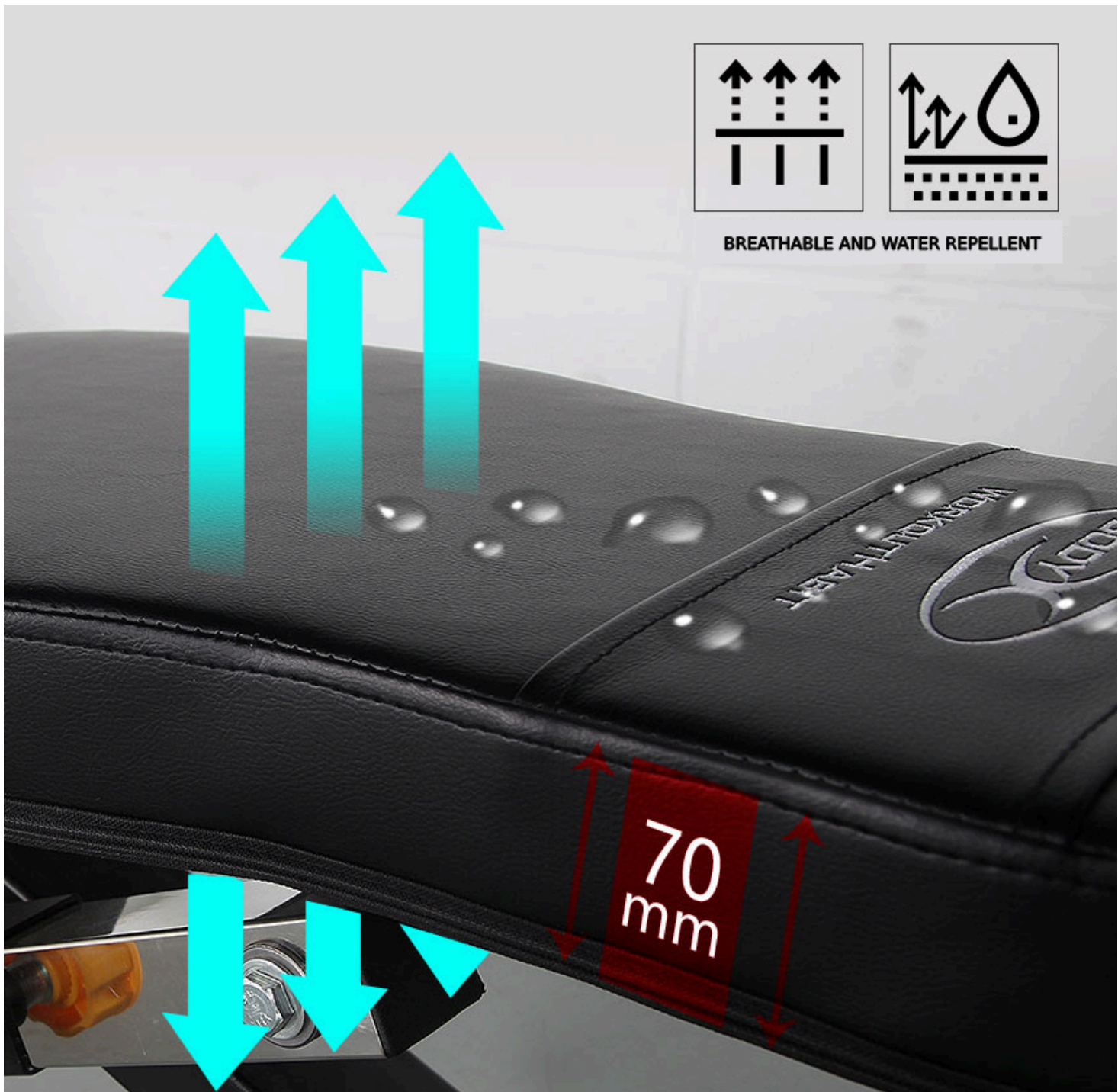


MAX LOAD
200KG





BREATHABLE AND WATER REPELLENT





1 플랫 벤치

F

레그레이즈
Leg Raise



바벨 플랫벤치프레스
Barbell flat benchpress



오버헤드트라이셉프레스
Overhead triceps press



덤벨 플랫벤치프레스
Dumbbell flat benchpress



2 인클라인벤치

I

바벨 인클라인벤치프레스
Barbell incline benchpress



덤벨 인클라인 벤치프레스
Dumbbell incline benchpress



덤벨플라이
Dumbbell fly



덤벨 인클라인 벤치프레스
Dumbbell incline benchpress



3 밀리터리 벤치

M

바벨 밀리터리 프레스
barbell military press



덤벨 밀리터리프레스
Dumbbell military press

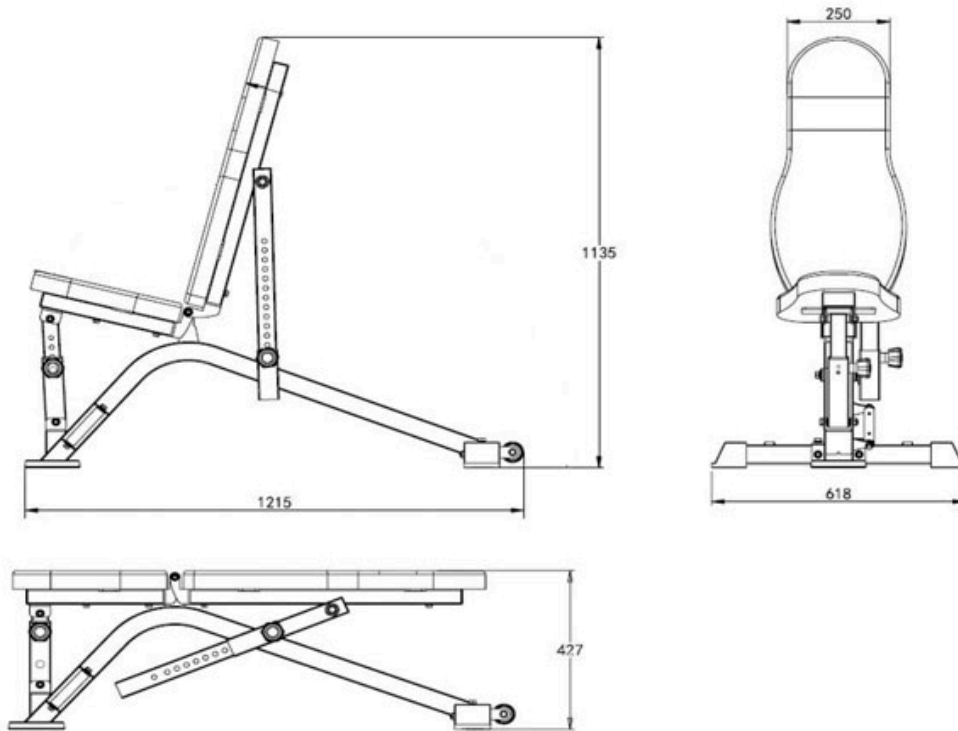


바벨 밀리터리 프레스
barbell military press



덤벨 밀리터리프레스
Dumbbell military press





ADDITIONAL INFORMATION

More Information

Packaging	117 x 43 x 17cm (23kg)
Warranty	Mainframe: Lifetime, Other parts: 1 year
Product Weight	21.5kg
Max Load	250kg
Product Dimension	122 x 60.5 x 43cm (LxWxH)