



# BODYX COMPACT UTILITY BENCH

SKU: BK-4006





## PRODUCT DESCRIPTION

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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

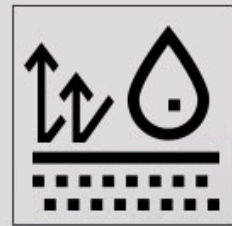
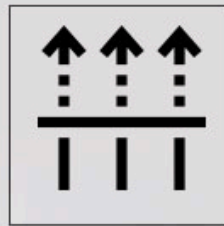


**M** military banch  
밀리터리 벤치

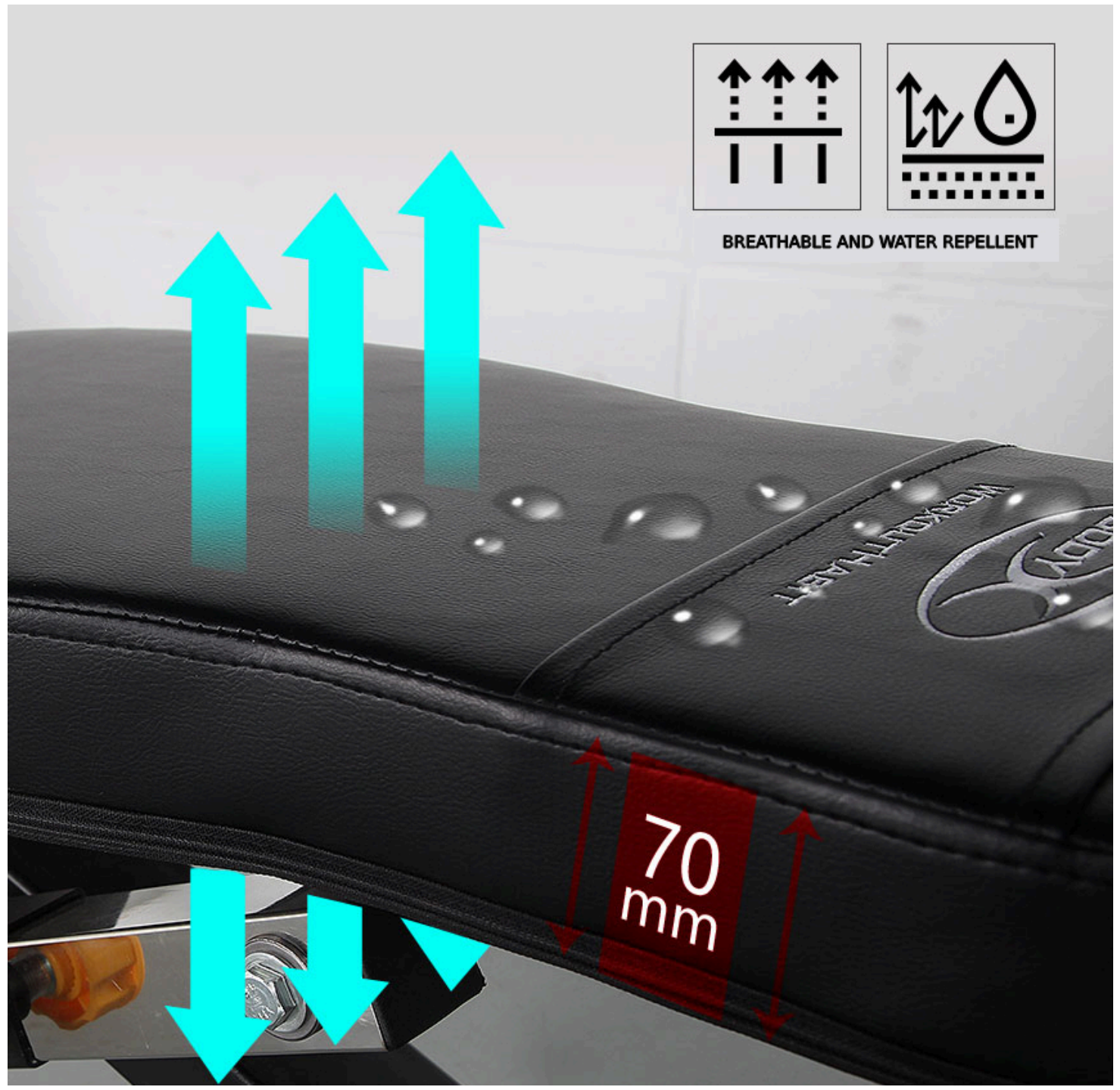




MAX LOAD  
200KG



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

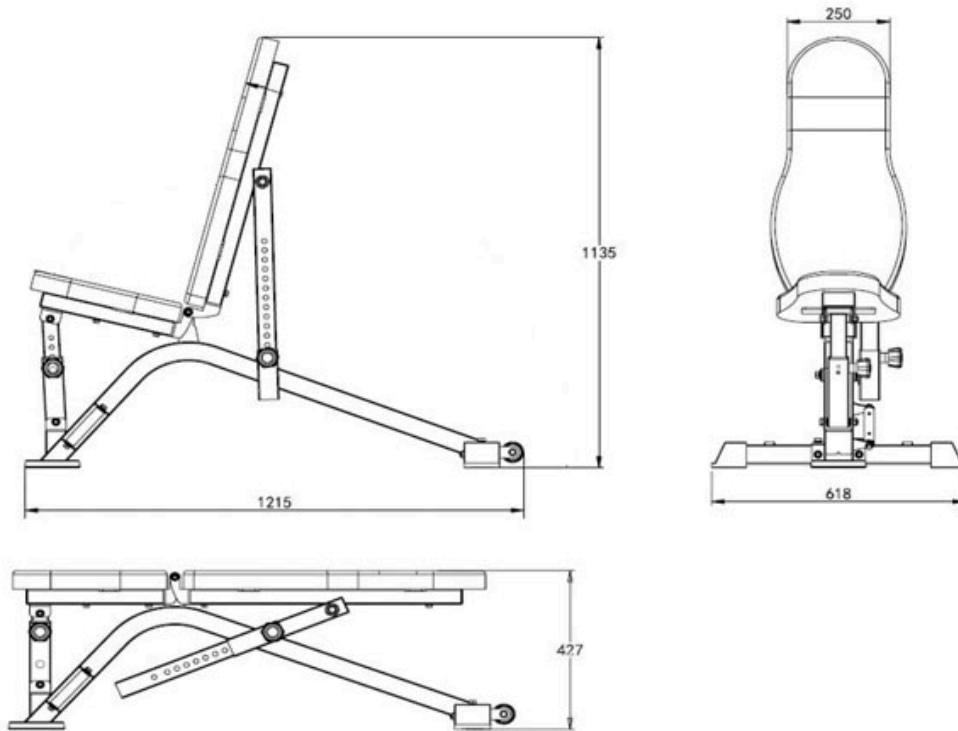


바벨 밀리터리 프레스  
barbell military press



덤벨 밀리터리프레스  
Dumbbell military press





ADDITIONAL INFORMATION

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