



# IRONMASTER SUPER BENCH PRO V2

SKU: IM-1001

**PRO  
V2**



# Super Bench PRO V2



## Super Bench PRO V2

The best got even better! You asked, so here it is, the improved Super Bench PRO Version 2 with customer-driven updates: Loaded with new upgrades while retaining all the great features of the Super Bench PRO and the original Super Bench. The Super Bench PRO bench has been discontinued and replaced by the V2.

### Summary of Main Improvements

Below are the key modifications we made on the Super Bench PRO (SB PRO #1002) to transform it into Version 2:

- Integrated bench handle makes it easier to tilt and roll.
- Laser etched numbers on the locking ring so you will always be sure of the exact pressing angle. (Numbers on one side as shown)
  - Standard hybrid dual width bench pad. Uses our original heavy duty leather pattern upholstery and gives you two width zones.
- Additional higher incline seat tube insertion point for better overheard pressing position.

### Fully adjustable and functional

Perform different kinds of exercises with the Super Bench PRO V2. Its 11 lock-out angles give you incline, decline, flat and upright positions for a wide range of movements.



- This bench can be angled at 0, 5, 10, 20, 30, 40, 50, 60, 70, 80 and 85 degrees.
- *Note: we recommend using the [Crunch Situp](#) attachment with the bench for decline angles to help hold your legs. Minimal angles are possible without the attachment.*
- The incline seat has 3 positions. The incline seat height in the 85 degree position can be set to either 12.5", 14.5" or 23.5" from the floor, while the top of main pad is 24.5" above the seat in the highest position. Top of main pad is 35.5" in the lowest incline seat position. 33.5" in the center position.
- Stands up vertically to save space.

### **Compatible with the Ironmaster Super Bench System of Attachments**

The Super Bench PRO V2 can be outfitted with most Super Bench attachments. All accessories with names that have /PRO in the are completely compatible with it. If you're unsure of the compatibility or need an adapter for some of your equipment, feel free to get in touch with us.

- Use with Ironmaster attachments like the [Crunch Sit-up](#), [Dip Bar Handles](#), [Chin Up Bar](#), and [Preacher Curl](#).
- The [Leg Attachment PRO](#) designed for leg extensions and leg curls is designed to fit this new bench specifically.
- Use with the Cable Tower, Hypercore and more. Note: We have developed a new universal bench adapter, which is included in current stocks of the [Cable Tower](#). This can be purchased separately if you have an older standard Cable Tower pieces that were only made to fit the original Super Bench.

### **Comfortable workouts**

From its lower height to the solid feel of its commercial quality pad, the Super Bench PRO is designed with your comfort in mind.

- Its high-density commercial grade pad is 44" x (10.25"/12.25") x 2.5" thick and makes use of durably stitched vinyl upholstery making it firm and comfortable.
- The incline seat pad is tapered towards the front to give your legs more room to move and can be adjusted up or down for optimum comfort.
- The incline seat moves with the backrest pad at any angle so they will always be perpendicular to each other, unlike other benches where the seat can have a shallow angle causing the user to slide off. This seat can be removed, leaving a large gapless pad.

### **Easy to assemble**

Apart from the feet, the Super Bench PRO is pre-assembled upon shipping. It only requires simple tools to set up so you can practically start working out a few minutes after taking it out of the box!

- Pre-assembled parts will save you time and effort in setting it up.
- The dual-position incline seat easily plugs in from the side without any pins.
- Its unique machine-cut ring with foot lever adjustment can be operated from both sides of the bench and clicks into place instantly for secure positioning (patented design US 6,994,661).

### **Compact, lightweight and movable**

The Super Bench PRO V2 is the ultimate space saver in your gym. Compact and lightweight but still ultra strong. Wheels and a convenient handle have also been included as a standard accessory for the equipment instead of an optional add-on so you can move the bench around your gym or roll it out of the way after use with ease.

- Everything stays intact even when you lift or move the bench. Nothing unfolds or needs to be dismantled prior to moving it around.
- The bench alone weighs 65lbs without the incline seat and 69 with it. (Shipping weight 79lbs at 50" x 13" x 19".)
- Its ultra-strong platform is still light enough to lift and move even without using the wheels.
- Complete with transport wheels on the longer foot tube. (You can install the wheels on either end of the bench as desired; plus, kits for both an additional wheel kit and bench handle are



available if you want to have wheels and handles on both ends!)

### Superior construction

Like its predecessors, the Super Bench PRO V2 is manufactured from top-rated materials for superior build quality.

- Constructed from 11 & 12 gauge super strong steel frame, this bench has a 1000-lb weight load capacity in the flat position.
  - It has a 600-lb weight load capacity in incline and upright positions.
- It includes a unique laser-cut ring with foot lever adjustment that can be operated from both sides of the bench (patented design US 6,994,661).
- Its high-density and thick commercial grade pad is furnished with durable vinyl upholstery.
- For extra protection against rust and wear and tear, the Super Bench PRO V2 is equipped with a textured, black powder-coated frame with chrome components.

Here is what makes this model different than the original Super Bench:

- The SB PRO V2 has a lower height of 17.2" in the flat position for increased stability and suitability for more users. This lowered height falls within the standards for competitive powerlifting.
- Wheels are included standard on one foot and a handle on the other foot. (The feet can be assembled to put the wheels on either end of the bench.)
  - A wider base and larger foot tubes contribute to its improved stability.
- A separate pull pin and corner tightening knob connect bench attachments faster and more securely. This improved locking system also is simply easier to use.
- Its high-density commercial pad offers greater stability and contributes to the lower flat bench design.

Although the Super Bench PRO Version 2 (V2) is designed for home use, many personal trainers and light commercial gym owners prefer this equipment for its versatility and functionality. Our benches are used in many gyms, schools, military bases and professional training studios.

#### ADDITIONAL INFORMATION

#### More Information

**Warranty**  
**Product Weight**  
**Max Load**

Mainframe: Lifetime, Other parts: 1 year

32kg

400kg