



### weight bench

The seat and back pads can be adjusted to numerous positions for greater versatility and use thick textured padding which provides added grip during lifts. Despite its weight, this bench is incredibly easy to move around your gym due to the front handle and rear wheel attachments. The addition of rubber foot caps provides a secure base

and also keeps your floor protected. weight bench

#### Specifications:

- *Incline and flat bench positions*
- *Height settings for seat pad: 3*
- *Height settings for back pad: 12*
- *Wheels and handle for easy manoeuvring*
- *Plastic foot caps*
- *Approx weight: 36KG*
- *Height (flat): 37.5cm*
- *Length: 120cm*
- *Back pad width (widest point): 31cm*
- *Back pad width (narrowest point): 25.5cm*
- *Back pad length: 86cm*
- *Seat pad width (widest point): 30cm*

#### **Rizhao good crossfit co.,ltd**

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[www.goodgymfitness.com](http://www.goodgymfitness.com)

- *Seat pad length: 31cm*
- *Pad thickness: 5cm*
- *Rated to 450KG*
- *weight bench*

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