# Weight Bench, Abdominal Training Workout Gliding Bench Exercise Gym Training Fitness Incline Adjustable Foldable Dumbbell Barbell Workout Bench - Compact Design



# About this item

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• ALL-PURPOSE BENCH | This fitness and weight bench is an all-in-one base on your journey to physical fitness. Do every exercise in greater comfort with less injury & use its adjustable settings to target specific muscle groups.

• BESPOKE FIT | The foam-padded leg rollers lock at 4 levels to fit your body, and the backrest offers 7 angles between 120 and 200 degrees to focus exercise just where you need it.

• SUPERIOR DURABILITY | The powerful steel frame and 2-inch cotton padding are sheathed in a protective coating and quality artificial leather to provide years of comfortable reliable use for loads up to 150 kilograms.

• RESISTANCE BAND SET | 2 exercise bands come included to allow healthy low-impact cardio and strength training with bodyweight resistance, maximising gains while minimising any chance of injury.

• EASY STORAGE | Our adjustable workout bench folds quickly and easily to 1/5 its normal size to allow easy transport and storage between sessions, letting you save space. Rubber sheaths protect your flooring during and between workouts.

# Home Gym Fitness Equipment Adjustable Incline Weight Bench

* Usage Bodybuilding Fitness
* Color As the pictures
* Logo Customized logo
* Carton size 76\*32\*32cm
* N.W. 10KGS
* G.W. 11KGS
* Product size 130\*42\*(40-102)cm
* Max user weight 260kgs
* Part number: DB-EX-BENCH