

BENCHES & RACKS

3 WAY PRESS BENCH

- Easily adjusts into 3 positions: Supine, 30 degree incline, 10 degree decline.
- 3-position seat and dual position foot rest to accommodate wide range of users for each exercise.
- Replaceable 3-position chromed bar catches with 6 plate holders standard.



Dimensions W: 65" (165 cm) L: 75" (190 cm)

H: 56" (142 cm)

Machine Weight

239 lbs. (108 kg).



FRAME PAINT COLORS: SILVER SPARKLE GLOSS WHITE TEXTURED