

## Weights Flat Bench Press Home Gym

RRP: \$279.95

Enjoy the comfort, convenience and safety of our home gym flat bench.

Your workout routine is not complete without our home gym flat bench. Add strength and enhance toning with this sturdy exercise bench. With its solid tube metal construction it can stand up to the most rigorous exercise routine. The supportive frame is capable of a maximum load of up to 110kg.

There is no fear of slipping or of damage to your floor. The feet of the bench are capped with protective ends that will keep you from slipping and sliding and will eliminate scuffs and mars to your floor. Maximum workout comfort is provided by the padded support.

You can achieve total body workout - exercise your arms and back and tone your upper body in comfort and safety. Whatever your routine, this versatile flat bench will be a reliable source of support.

Please note that minor assembly is required. Barbells and dumbbells are not included.

### Specifications:

- Metal frame construction
- Study design
- Metal tube legs
- Feet capped for floor protection
- Comfort designed with padded support
- Maximum capacity: 110kg
- Black in colour
- Bench dimensions: 110cm x 52cm x 43cm
- Padded support width: 30.5cm
- Feet width: 32cm - 52cm
- Package dimensions: 123Lx45Wx11H cm
- Package weight: 9kg

