Folding Flat Weight Lifting Bench Body Workout Exercise Machine Home Fitness

RRP: $359.95

Whether you lift weights as a serious athlete or just want a perfectly sculpted beach body, you need a safe, sturdy bench to handle all the intensity your workout can dish out. You have that and more with this deluxe weightlifting bench by Randy & Travis Machinery. With a durable steel frame and feet coated with slip-resistant rubber, you can have confidence that your bench will stay in place no matter how intensive your lifting gets. And, with this bench's comfortable, padded surface, you won't have anything to distract you from putting 110 per cent into your workout.

Its barbell rest adjusts to accommodate a wide range of users and types of workouts. Whether you prefer just lifting or like to mix it up with a few crunches, this weightlifting bench can serve as a platform for a complete upper-body and core set of exercises. Work your lower and upper abs, your shoulders, and reduce belly fat while building muscle strength, muscle mass, and better stamina. Its compact footprint makes it an ideal choice for a home gym, especially in homes where space is an issue. No worries about dents or scratches on your floors, The rubber feet absorb the shock, leaving your flooring in perfect condition. And – it even folds flat for storage. Whether for yourself or as a gift for the athlete in your life, this weightlifting bench is an essential ingredient in a great home gym. Get yours today!

Features and specifications:

- Material: Heavy-duty powder-coated steel, PU bench cover, and padding
- Colour: Black and red
- Weight capacity: 200kg
- Weight: 14kg
- Barbell height: 80–105cm
- Bench length: 111cm
- Dimensions (weight stand legs): 41 x 6cm (L x H)
- Width between stand legs: 58cm
- Bench stand leg length: 32cm
- Compact footprint
- Solid and durable
- Corrosion-resistant
- Non-slip feet
- Accommodates bench presses, barbell bench presses, butterflies, bicep curls, incline and decline bench presses, and many more
- Barbell and weights not included
- Folds flat for storage