



# FOLDABLE COMPACT WEIGHT BENCH V2

SKU: BW-PWB





## PRODUCT DESCRIPTION

A superbly designed compact Mid Width Barbell Bench with a space saving ultra smooth glide, folding design. Featuring an ergonomically designed 4 position angled seat and multi-position backrest which can be adjusted to incline, decline and flat positions, together with a leg developer, multi-height chromed barbell uprights and adjustable height padded preacher curl pad makes the Weight Bench the perfect training partner. The Weight Bench also features a convenient storage post for the preacher curl pad and leg developer when not in use.

### **Basic Features:**

- Backrest adjusts to flat, incline and decline positions
  - Seat adjusts to 3 different angle positions
- Foldable - Quick release ultra smooth folding and locking system
  - Height adjustable chrome uprights with 6 height settings
  - Removable leg developer for leg extension and leg curl
    - Height adjustable preacher curl pad
      - Non-slip floor protectors
- Accepts normal or olympic weight plates for leg developer
  - Fits barbell inner width of 95cm or above

### **Additional features which cannot be found in other similar benches:**

- Dual side bar holder for bench, squats and overhead press
  - Upright position for military press
  - Large ergonomical feet design for added stability
  - Locking pin to lock leg pad to aid abdominal exercises
- Adjustable height for leg developer to suit different user's requirement
  - Leg developer with vinyl covered foam rollers for easy cleaning
- Storage post for leg developer and preacher curl pad when not in use
  - Storage for weight plates
- Nylon screw caps to cover all exposed screws and nuts

# WORKOUT EXAMPLES

Lying Leg Curl



Preacher Curl



Barbell Squats



Ab Crunches



Seated Press



Leg Extension



Decline/Flat/Incline  
Benchpress



Military Press



ADDITIONAL  
INFORMATION

More Information

<b>Warranty</b>	Mainframe: Lifetime, Other parts: 1 year
<b>Product Weight</b>	40kg
<b>Max Load</b>	Maximum user weight: 150kg, Maximum barbell capacity: 140kg
<b>Product Dimension</b>	187(L) x 134(W) x 150(H)cm, Folded: 83 x 134 x 169 cm