

OLYMPIC DECLINE BENCH

JBR-109

◆ Designed as per the international standards of power lifting. Eight to seventeen-inch bench widths allows free shoulder movement during bench press. Unique roller allows locking of users feet while performing exercise. Forty-six inch bench length allows full stretch of the user's body. Two position replaceable bar hold assembly with heavy-duty stainless steel plate for durability. 15 degree backrest for optimum exercise benefit.

◆ **DIMENSION:**
Length : 81 inches / 206 cms
Width : 86 inches / 218 cms
Height : 48 inches / 122 cms

◆ **MUSCLE WORKED:**
Anterior Deltoid
Triceps Brachii

