

OLYMPIC FLAT BENCH JBR-107

◆ Designed as per the international standards of power lifting. Ten-inch bench width allows free shoulder movement during bench press. Forty-eight 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.

◆ **DIMENSION:**
Length : 82 inches / 208 cms
Width : 86 inches / 218 cms
Height : 50 inches / 127 cms

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

