

## OLYMPIC INCLINE BENCH JBR-108

- ◆ 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 positions replaceable bar hold assembly with heavy-duty stainless steel plate for durability. 30 degree inclined backrest for optimum exercise benefit. Heavy duty platform provided for the spotter.

- ◆ **DIMENSION:**  
Length : 78 inches / 198 cms  
Width : 86 inches / 218 cms  
Height : 55 inches / 140 cms

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

