

## BENCHES & RACKS

Three adjustments from horizontal up to nearly 90 degrees & down. Seat adjusts to various positions. Ideal bench for Smith, Cable Cross Over, Dumbbell Fly / Press, Row etc. The nylon wheels provided for trouble free travel.

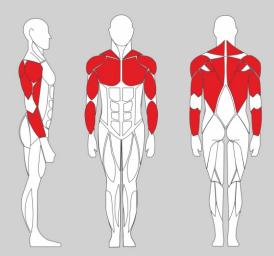
SUPER BENCH JBR-110

**DIMENSION:** 

Length: 60 inches / 152 cms Width: 25 inches / 64 cms

Height: N.A.

**MUSCLE WORKED:** Pectoralis Major, Anterior Deltoid, Biceps Brachii, Trapezius, Latissimus Dorsi



JERAI FITNESS