

OLYMPIC FLAT BENCH
JNRBR-1030

- ◆ 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 : 68 inches / 173 cms
Width : 86 inches / 218 cms
Height : 50 inches / 127 cms

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

