

- ◆ 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.

- ◆ **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

