



3-WAY OLYMPIC FLAT /INCLINE/DECLINE BENCH

CF-2179-B



FEATURES

- Ten adjustable back pad positions from -15° to 30° in 5° increments to accommodate incline, flat and decline bench exercises
- 16 linear adjustments to accommodate varying user heights
- Integrated dual position foot rests to allow proper exercise positions
- Spotter stand provides more leverage and better positioning
- Incorporates 12 weight plate holders for easy storage

SPECS

- Product Dimensions L x W x H: 94.00" (238 cm) x 65.00" (164 cm) x 56.00" (142 cm)
- Product Weight: 384 lbs (174 kg)
- Maximum weight storage capacity: 870 lbs (395 kg)
- Maximum exercise weight capacity: 1,000 lbs (454 kg)