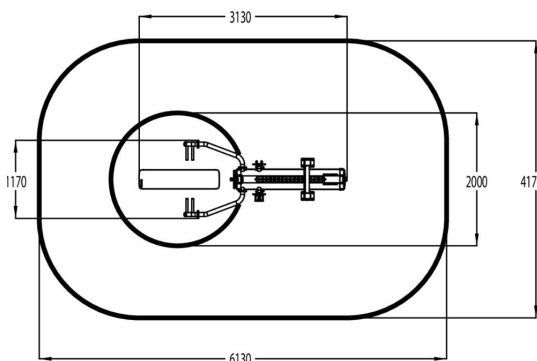
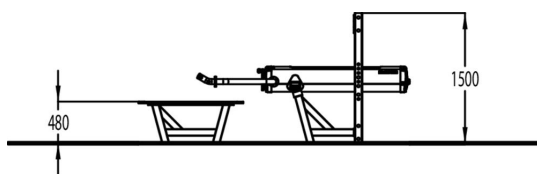




The bench press is a weight training exercise used primarily for developing the pectoralis, the deltoids, and the triceps muscles. The trainee presses the handles upwards while lying on the bench. In the handle, there are two grip widths and heights available. Secondary movements can be performed in a seated position. The weight can be adjusted steplessly by turning the wheel. The level of resistance (10-100 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience. You may download all 2d dwg top views for Sisu Fitness products from here: <https://lappset.contenthub.fi/ui/shares/w5923919/635076/en/workspaces/5923919>



Product length, mm	3130
Product width, mm	1170
Product height, mm	1500
Max. free fall height, mm	480
Metal colour	
Colour of walls and HPL	