

# FLAT BENCH



## DESCRIPTION

This innovative and versatile bench is equipped with adjustable support and safety bars.

The padding has been designed after a thorough biomechanical analysis, taking into account movement dynamics and compression.

Built to prevent any wobbling during exercises, even with heavy loads, it also features a rear platform and assistance bar, making it an essential piece of equipment for those who prioritize safety in their training.

## TECHNICAL FEATURES

The barbell holder is adjustable to multiple positions and made of stainless steel.

The weight plate holder is a practical accessory that turns the equipment into a versatile rack.

The assistance bar is a structural feature designed to provide support to the athlete, with full padding to minimize contact stress between the spotter and the bar.

**TECHNICAL SPECIFICATIONS**

Product Code	FBP - 00128
User Height Range	150 - 205 cm
Length	186 cm
Width	177 cm
Height	134 cm
Weight	110 kg

