

# Weight Bench

Weight Bench G312

**BH**

R.R.P.



Strength

Multiposition Bench G312, designed to provide a versatile and efficient platform for your workouts. Whether it's weightlifting, dumbbell training, or abdominal exercises, this bench offers the stability and comfort needed to maximize your workout.



- Max. user weight: 140kg
- Weight: 22kg
- Dimensions: 141 x 59 x 129 cm
- Máx. load: 360kg



## LEG HANDLES

These clamping supports provide increased stability for dumbbell exercises or even for working out the abdominal area.



## OVERSIZED SEAT

The seat provides ample space to comfortably accommodate users of different sizes, ensuring a stable position throughout the exercise.



## EASILY ADJUSTABLE

The backrest adjustment system allows you to make changes easily.



## INCLINE LEVELS

Allows you to position the backrest at different angles to perform workouts targeting various muscle groups.