

MF-4000 BENCH



FEATURES

- Comfort Padded Seat Pad (rated to 150kg)
- Safety Spot Bars (rated to 100kg)
- Extendable and Reversible Barbell Holder (rated to 120kg)
- Fully Adjustable Barbell Hooks (100kg)
- Adjustable Leg Hooks

EXERCISES

- Huge range of exercises that will target your entire body
- Chest: Flat, incline and decline bench press
- Shoulders: Shoulder press, military press
- Legs: Squats
- Arms: Barbell curls

SIZING DETAILS

Occupancy Size	127cm x 117cm x 172cm (L x W x H)
Packaging Size	127cm x 49.5cm x 20.1cm (L x W x H)
Net Weight	33kg
Gross Weight	34.8kg

