

Fitness Breakthru

Personalised Fitness Equipment Specialists

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Specs – Body Solid Bench Press / Leg Extension / Leg Curl Combo



Get a total-body workout on the most versatile and complete combo bench available. The Power Centre Combo Bench (#GDIB46L) is a Squat Rack, Flat Bench, Incline Bench, Decline Bench, 90° Shoulder Press Bench, and Seated Leg Developer all in one. You can see the dynamics of this bench as soon as you glance at the multi-position, telescoping uprights that safely hold the bar for bench exercises, turn around to become a Squat Station. The 6-position Flat / Incline / Decline / Bench features pop-pin adjustable DuraFirm™ seat and back pads that are extra-thick, ultra-comfortable, and will never bottom out. The rock-solid strength and stability of the Power Centre Combo Bench comes from the extra-heavy 12-gauge all-4-side welded high tensile strength steel mainframe. Strengthen, tone, and develop your knee, thigh, hamstring, and glute muscles with the six-roller Leg Extension / Leg Curl Station included with the Power Centre Combo Bench. Thick, oversized foam rollers provide complete comfort through heavy lower body routines.

Key Features:

- Includes Leg Developer
- 6-Position Flat / Incline / Decline
- DuraFirm™ back and seat pads
- Uprights adjust for Squat Rack

Dimensions: 109cm(H) x 195cm(L) x 116cm(W)

Body-Solid®