

- 4-in-1 Olympic bench with built-in heavy duty linear action sliding bench
- Multi-purpose system provides the ultimate decline, flat, incline and shoulder presses
- Conveniently located lever-pull handle easily adjusts bench forward or backward in the seated position
- Multi-positions seat angle adjustment allows for proper body alignment
- Stainless steel bar catches and protective cover
- Heavy duty diamond plate spotter platform
- Built-in Olympic weight holders

LWH: 78x66x69 in/198x168x175 cm

SH WT: 305 lb/138 kg



Weight plates not included

## PF-312 Adjustable Sliding Bench



- Smooth forward and backward linear adjustments
  - Back support adjusts from decline to 85° upright
- LWH: 60x25x51in/152x64x130 cm SH WT: 210 lb/95 kg

## PF-314 Adjustable Ab Bench



- Multiple angle adjustments or flat position
  - Footrolls adjust for femur length
- LWH: 63x23x48 in/160x58x122 cm SH WT: 160 lb/73 kg