

Life Fitness Adjustable Bench

£645.00

Product Images



Short Description

Life Fitness have manufactured a core piece of equipment that will sit in any gym, home or studio - the Life Fitness Adjustable Exercise Bench. Ensuring you can perform the widest range of exercises, the adjustable bench allows 6 intuitive adjustments such as vertical, incline and flat. The design also incorporates a top end handle and wheel system to give you easy movement due to it's weight.

With a fixed lumbar support this adjustable weights bench increases your stability and comfort. This is actually the bench that is supplied with the G5 and G7 multigyms and has proved to be very popular. It is now available on its own and it is the best value bench that we sell!

We Give You More...

GymEquipment.co.uk also include the following FREE OF CHARGE :

- FREE Delivery

The Adjustable Exercise Bench

Few pieces of gym equipment can be more versatile than an adjustable exercise bench. We don't say that because we're trying to sell you this Life Fitness Bench either. Genuinely, the range of exercises and uses for a sturdy and adjustable bench is superb - and well worth the outlay.

Whether you want to use a bench for performing free weight exercises in the flat or incline position, you need a solid foundation that doesn't tip or wobble when you least expect it - or are mid exercise. A solid, no shake frame with well placed feet ensures you have the perfect base to workout with. Now use your exercise bench as a platform to kneel on or use your body against - again you need the stability. What about tricep dips, plyometric jumps, raised sit ups, reverse shoulder crunches and more.

As you can see without listing every single exercise we know you can perform, you're already talking hundreds. Your exercise bench needs to be an investment and you need to buy wisely as it will become one of the key parts of your gym equipment.

Why Choose Life Fitness?

Life Fitness is one of the most trusted fitness equipment manufacturers in the world. They were actually the pioneer for electronic fitness equipment with their LifeCycle exercise Bike. They have gone on over the past 40 years to create and develop superb quality products that fit the every changing fitness arena.

As well as producing home fitness cardio and strength equipment, they also have an extensive commercial fitness range that you have probably seen, and used, in gyms up and down the UK and worldwide. Their products may be that little bit more expensive than cheap brands, but you get outstanding build quality with well researched and beautifully styled pieces of gym equipment.

Additional Information

SKU	GADJ-101
Weight	35.000000
Equipment Usage	Home & Light Commercial
Warranty	Lifetime on Frame, 3 years on upholstery
Made From	High Grade Upholstery
Additional Features	Easy adjustment between upright and right position, Boxed Weight 44kg, Product Weight 40kg.
Length Dimensions	Boxed - 147 cm
Width Dimensions	Boxed - 59 cm
Height Dimensions	Boxed - 28 cm