

Jordan Lifting Club Flat Bench

£375.00

Product Images



Short Description

Every strength gym whether in your home, the garage or a studio, should have the use of a good solid flat bench. Great for dumbbell and barbell work, flat benches can be used in conjunction with an FID bench to do additional exercises like bench dips or raised ab work.

The Jordan Lifting Club Flat Bench offers all of this in it's no nonsense, British-made super strength steel bench than can take just about anything you throw at it. It's comfortable too thanks to the heavy duty upholstery and thick foam padding.

Choosing Your Flat Bench

Above all else, you need a solid and sturdy foundation for performing your exercises. A solid flat bench is worth it's weight in gold when there's no shift or wobble as you settle in to your exercise. Bench pressing with dumbbells or a bar is so much simpler with the rock solid base.

The Jordan Lifting club flat bench has good solid feet placement so not too wide that you catch your feet on the legs. The thick foam padding is supportive and comfortable - but not too squidgy that it causes problems.

Key Features

- Sturdy and stable flat bench
- British Made
- 3mm Steel frame tubing
- Power coated, matt finish
- Rubber feet to protect floor and prevent slipping

Additional Information

SKU	JLC-FB
Weight	24.000000
Equipment Usage	Home & Commercial Use
Made From	Made in Britain from super strength steel - 3mm
Length Dimensions	1005mm
Width Dimensions	434mm
Height Dimensions	473mm