



## STRENGTH



## MARCY UTILITY BENCHES (FLAT BENCH)

CODE: MSB10510

### FEATURES

The combination of a well-built adjustable Slant Board and the addition of Barbells or Kettle Weights open up limitless exercise possibilities. Begin by targeting abdominal, oblique and core muscles by positioning your body comfortably on the Slant Board and Roller Pads, positioning your body with proper form to correctly execute the exercises. Adding Dumbbells or Kettle Weights expands the Slant Board into a versatile Utility Bench for adding strength training exercises to your workout routine.

- Adjustable Back Pad with 2.5" thick, high density foam.
- Self-adjusting Ankle Pads for improved support.
- Durable construction and powder-coated finish.
- Low profile design.
- Large diameter steel tubing.

### SPECIFICATION

Maximum User Weight: 140 KG (309 LBS)  
Maximum Weight Capacity: 275 KG (606 LBS)  
Assembled Dimensions: 111.8cm (L) x 48.2cm (W) x 43.2cm (H)