

PRODUCT NAME
Bench Press

PRODUCT CODE
MB 7.29



MB 7.29 Bench Press in Standing Position with variable load - the trainer is designed to develop middle proportions of deltoids as well as the upper parts of the trapezius muscles, serratus anterior muscles and triceps.

Maximal Load on each side... 57,5kg
The set includes the following weight... 10 x 10kg; 6 x 2 kg

Exercise:

1. Standing bench press.

SEGMENTS

Basic information

Brand MB Barbell
Usage exercise, stretching, strengthening

Technical Specification

Dimensions ---
Critical fall height (HIC in m) 0.00m
Color scale RAL Palette
Stand count 1
Surface
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
Dips	51mm	4,5mm
Bars	33,7mm	3,5 - 4,5mm
Pillar (square plan)	100mm	4,0mm

Recommended flooring

Optimal dimensions 2m x 3m
Floor surface Concrete slab + EPDM or concrete feet + loose material
Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

Delivery and installation

Lead time 5 - 8 weeks
Standards EN16:630