

**PRODUCT NAME**  
**Converging Bench Press**

**PRODUCT CODE**  
**MB 7.54**



Exercise on the simulator MB 7.54 "Convergent bench up-standing" designed to work out the middle parts of the deltoid muscles, as well as the upper sections of the trapezius muscles, anterior cog muscles and triceps.

## SEGMENTS

### Basic information

**Brand** MB Barbell  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** 0cm x 3cm x 0cm  
**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
<b>Dips</b>	51mm	4,5mm
<b>Bars</b>	33,7mm	3,5 - 4,5mm
<b>Pillar (square plan)</b>	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