

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

**PRODUCT CODE**  
**OG.1**



**Improve upper body mass, strength and power**

The Bench Press is a great way to work your core and develop upper body strength in the chest and shoulders. It will also help improve your posture and strengthen bones, ligaments and tendons throughout your upper body.

**Muscle groups: chest, triceps and shoulders**

## SEGMENTS

### Basic information

**Brand** Omnigym  
**Usage** exercise, stretching, strengthening

### Technical Specification

**Dimensions** 2.5m x 2.5m x 2m  
**Critical fall height (HIC in m)** 0.00m  
**Color scale** RAL Palette  
**Stand count**  
**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** ---  
**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