

PRODUCT NAME

Incline Bench Press

PRODUCT CODE

OG.5



Increase your upper-body strength and improve your posture

The Incline Bench Press is a full-body exercise that helps develop upper body strength with a particular focus on the upper pectorals. This type of workout can strengthen your chest muscles, improve your posture and help with sports training.

Muscle groups: pectorals and triceps

SEGMENTS

Basic information

Brand Omnigym
Usage exercise, stretching, strengthening

Technical Specification

Dimensions 2m x 2.5m x 0m
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
Dips	51mm	4,5mm
Bars	33,7mm	3,5 - 4,5mm
Pillar (square plan)	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