

MULTI-ADJUSTABLE BENCH

Bring commercial-rated toughness and club-quality function to your home with our stylish Multi-Adjustable Bench. It provides unmatched stability for a range of exercises focused on major muscle groups, plus easy adjustments, convenient transport, space-saving storage and ultra-durable design that will stand up to the hardest workouts for years.

- Low bench height of 44 cm / 17.5" minimizes lower back stress
- Smart design offers quick, easy one-handed adjustments
- Seat adjusts to flat and angled positions for stability during a variety of lifts
- Reversible, tapered back pad provides wide or narrow support
- Wide base frame and back pad brackets maximize stability
- Tested to commercial market standards but designed for home use

strength



MABR1

BENCH HEIGHT	44 cm / 17.5"
BACKREST ADJUSTMENT RANGE	5 position angles: 0, 30, 45, 60, 75
SEAT ADJUSTMENT RANGE	2 position angles: 0, 20
MAX USER WEIGHT	136 kg / 300 lbs.
MAX TRAINING WEIGHT	159 kg / 350 lbs.
PRODUCT WEIGHT	36 kg / 79.5 lbs.
OVERALL DIMENSIONS (L X W X H)	142.4 x 77.5 x 43.7 cm / 56 x 30.5 x 17.25"

Specifications subject to change without notice. For more information about Matrix Fitness: matrixfitness.com



CONVENIENT TRANSPORT & VERTICAL STORAGE

Built-in wheels and an ergonomic handle make it convenient to move the bench out of the way when you're done and stores vertically to save space in your home.



CLEAR ONE-HANDED ADJUSTMENTS

The back pad adjusts quickly and easily to five clearly labeled incline angles with just one hand to help you transition smoothly between exercises.



BAND ATTACHMENTS

Built-in hooks on the base of the bench make it quick and easy to attach exercise bands so you can take on explosive exercises, rehab injuries or strengthen sport-specific movements.