

# 13 in 1 UTILITY BENCH

# YORK FITNESS

## Product:

13 in 1 Utility Bench

## Features:

- Provides 13 different positions allowing a wide variety of exercises to be performed on one piece of equipment
- The backrest moves through decline, flat and incline all the way up to 70 degrees
- Quick and simple position adjustment
- Deep cushioned upholstery for superior comfort, and built-in under knee padding
- Adjustable ankle support, with thick foam rollers
- Folds for storage

## Exercises:

- |                       |                  |   |
|-----------------------|------------------|---|
| ■ Flat chest flyes    | ■ Sit ups        | ■ Hyper extensions in 4 different positions |
| ■ Incline chest flyes | ■ Shoulder press |   |
| ■ Decline chest flyes | ■ Bicep curl     |   |

## Specifications:

- Max load weight 180kg
- Dimensions in use: L:145 x W:39 x H:51cm (to the seat)
- Safety tested to EN957 1 + 4

## Product Codes:

- 13 in 1 Utility Bench - 4026

