

B540

YORK
FITNESS

Products:

B540 Bench

Features:

- 5 position adjustable backrest - decline through to incline, right up to 90 degrees
- Heavy duty uprights that double up as a squat rack
- Height adjustable bar racks that can be used on both sides
- Leg unit with thick foam rollers
- Storage space for spare weight plates
- Folds for storage
- Accommodates arm curl and lat tower attachments

Exercises:

- | | | |
|-----------------------|------------------|----------|
| ■ Flat bench press | ■ Leg curl | ■ Squats |
| ■ Incline bench press | ■ Leg extension | ■ Lunges |
| ■ Decline bench press | ■ Shoulder press | |

Specifications:

- Max load weight 250kg
- Dimensions in use: L:196 x W:86 x H:148cm
- Dimensions folded: L:86 x W:86 x H:165cm
- Safety tested to EN957 1 + 4

Product Codes:

- 540 Bench - 5625
- Curl attachment - 5621
- Lat attachment - 5620



:: SQUAT RACK



:: WITH CURL



:: WITH LAT

:: FOLDED



:: 540 BENCH