

# BENCHES

## Utility Stool

Compact, sturdy, and easy to move, the Utility Stool is the perfect accessory for calculated rest periods between heavy deadlifts, squats, and Olympic lifts. Whether used for seated dumbbell exercises or strategic recovery, its simple design and durable construction make it a staple in any serious strength training environment.



Product Dimensions	
Width	31 in (79 cm)
Length	27 in (68 cm)
Height	17 in (44 cm)
Product Weight	27 lbs (12 kg)
Shipping weight	38 lbs (17 kg)
Features, Adjustments & Movements	
Assisted adjustments	Gravity assisted positioning
Color coded pivot points and adjustments	Yes on all units
Frame Specifications & Cable Information	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable upholstery options available	Yes with additional fees and extended lead times
Customizable branding options available	No
Bolt down locations defined	Yes, Sku dependent
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
User Specific Information	
Animated lenticulars	No
Safety catch & stops	Yes, Sku dependent
Grip specifications	Integrated Grip and wheels
Contoured pads	Yes, contoured back pads on select machines with lumbar support
Restraint system	No
SKU	
9NP-B7521-XXXXX	