

# BENCHES

## Olympic Flat Bench Press

Designed to anchor any strength training zone, this Olympic Flat Bench delivers the stability and durability needed for high-traffic commercial use. With molded urethane bar holders and dual rack heights, it accommodates lifters of all sizes and promotes safe, efficient bench pressing. An open frame supports clean spotting mechanics, while optional plate storage keeps the space organized. This bench blends seamlessly into any facility layout, pairing superior construction with timeless utility.



Product Dimensions	
Width	65 in (165 cm)
Length	73 in (185 cm)
Height	49 in (124 cm)
Product Weight	115 lb (52 kg)
Shipping weight	139 lb (63 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-B7202-XXXXX	