

bodytone

BOLD BENCHES



FBC02

ABDOMINAL BENCH

**DIMENSIONS**

121 x 87 x 93 cm

NET WEIGHT

46 kg

STRUCTURE

Steel tube of 100x50 cm and 2.5 mm thick, welded by robotic process, free of projections.
6 mm plate-on-plate structural joints for an extra rigid connection.

MAXIMUM USER WEIGHT

150 kg.

BACKREST AND SEAT

Injected with high density polyurethane foam for extra comfort.

UPHOLSTERED

Carbon fibre leather-like finish. Great durability against friction and wear. Anti-sweat and antibacterial treatment.

NO. OF ADJUSTMENT POSITIONS

Adjustable in 8 positions.

WORK AREA

Designed for upper body exercises.

MATERIALS AND FINISHES

High quality finishes.
3.5 mm thermoplastic ABS caps.

SCREWS

M10 with 8.8 hardness.

MAINTENANCE AND LUBRICATION

Fortnightly maintenance.
Lubrication of posts, guides, bearings and pop pin.
Clean upholstery with a damp cloth.

BASES

Coated in non-slip rubber.

LOAD CAPACITY

Ready to use with a plated barbell with a capacity of up to 200 kg. (Barbell not included).

FBC02 ABDOMINAL BENCH

PAINTING PROCESS

3 layers of paint.

Pickling and dip-stabilising of the steel of all parts in different degreasing solutions to ensure perfect and complete cleaning of the base material.

Antioxidant primer to ensure adequate insulation from internal oxidation and a good paint adhesion. 2 final coats of polyester epoxy paint powder, dried at 240°C.

DESIGN PROCESS

Biomechanic and ergonomic study, under the supervision of professionals and associated athletes. After a long design period – through drafting, engineering research, prototype production, and testing by professional athletes – our products go on sale.



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