

# bodytone

## BOLD BENCHES



### FBC09

### OLYMPIC SHOULDER PRESS

**DIMENSIONS**

148 x 180 x 186 cm.

**NET WEIGHT**

145 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, 6.5cm thick.

**LOAD CAPACITY**

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

**WORK AREA**

Designed for front and back shoulder press exercises.

**MATERIALS AND FINISHES**

High quality finishes.  
3.5 mm thermoplastic ABS caps.

**MAINTENANCE AND LUBRICATION**

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

**BARBELL SUPPORTS**

Made with injection moulded techno polymer of 4 mm with a double position for the bar and tube protector.

**N° OF ADJUSTMENT POSITIONS**

6 position adjustable seat.

**BASES**

Coated in non-slip rubber.

### 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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