

bodytone

BOLD BENCHES



FBC11

ABDOMINAL BENCH

**DIMENSIONS**

168 x 68 x 87 cm.

NET WEIGHT/GROSS WEIGHT

49 kg / 65 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.

POSITIONERS

techno polymer pop pin positioner, fixing the position gently yet firmly.

GRIPS

Made of steel, with non-slip PVC cover and aluminium trims.

MOBILITY

Integrated transport wheels.

CUSHIONING

Double shock absorber that facilitates the ascent position in positioning of the backrest.

BACKREST AND LEG SUPPORT

Injected with high density polyurethane foam for extra comfort, 6.5cm thick.

ROLLERS

Injected with high-density polyurethane foam, of extra high density, for extra comfort.
The roller has a 138mm diameter and is 50mm thick.

UPHOLSTERED

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

ADJUSTMENT STRIPS

10 mm steel plate. of thickness.

NUMBER OF REGULATION POSITIONS

Adjustable in 5 positions.

WORK AREA

Designed for abdominal exercises in all variants and at different inclination angles.

FBC11 ABDOMINAL BENCH

MATERIALS AND FINISHES

High quality in its finishes.
3.5mm thermoplastic ABS ferrules.

BASES

Covered in non-slip rubber.

SCREWS

M10 and hardness of 8.8

MAINTENANCE AND LUBRICATION

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

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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