

HOME GYM (MULTI BENCH PRESS)

JHBR-101

- ◆ A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.

- ◆ **DIMENSION:**
Length : 84 inches / 213 cms
Width : 48 inches / 122 cms
Height : 62 inches / 158 cms
Equipment Weight : 50 kg

- ◆ **MUSCLE WORKED:**
Pectoralis Major, Quadriceps,
Anterior Deltoid, Hamstrings,
Triceps Brachii, Glutes

