

LEGEND FITNESS®

PRO SERIES SELF-ADJUSTING THREE-WAY BENCH

(Part #3222)

- Single pop pin adjusts both seat and backrest to one of eight angles.
- Integrated spotter platform.
- Only compatible with Pro Series cage docking system.
- Removable docking system rods.

Our top-of-the-line bench that perfectly complements our Pro Series cages. A single pop pin adjusts both the seat elevation and backrest to one of eight adjustment angles. Comes standard with an attached diamond plate spotter's platform that allows using a spotter anywhere in the weight room, not just at the very back of the cage. Wheels and a foam rubber-coated handle provide easy transport around the gym floor. Standard rubber feet protect floors and lifting platforms. Custom embroidery is available on wear guard for a nominal fee.

Pads are 10 inches wide to provide the right amount of support but not get in the way of shoulder blades during presses and fly exercises. Pads measure a comfy 3 inches thick and use 2-inch thick rebound foam. Foam density is a robust 8 lbs. per cubic foot. Upholstery is a heavy duty 32 oz. vinyl and stain resistant. All pads are top double-stitched and the 3/4" thick support board's corners are radiused and edges are chamfered on both top and bottom to promote comfort and durability.

Locating rods are a component of our Pro Series Bench Docking System. Rods are removable so as not to present a tripping hazard when used outside of a cage or rack.

The Legend Fitness Pro Series Self Adjusting Three-Way Bench is simply the finest bench that money can buy.

Note: This bench measure 23 inches wide without the Pro Series Bench Docking System rods in place. When the rods are inserted, the bench is 40 inches wide.



60.5" L
23" W
48" H

243 lbs.
Shipping
Weight

2x3
11 ga.
2x3-Inch,
11-Gauge
Steel Frame

Ships Fully
Assembled