

LEGEND FITNESS®

PRO SERIES SELF-ADJUSTING THREE-WAY BENCH

(Part #3222)

A single pop pin adjusts both seat and backrest of the Pro Series Self-Adjusting Three-Way Bench to one of eight angles. The integrated spotter platform allows for safer spots during heavy lifts. It is the only bench compatible with the Pro Series Bench Docking System and removable docking system rods are included. It comes in any combination of over 30 frame colors and over 85 upholstery colors, with a two-tone upholstery option available.

PRO SERIES



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 three inches thick and use two-inch thick rebond foam. Foam density is a robust eight pounds 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, as pictured, the bench is 40 inches wide.



60.5" L
23" W
48" H



243 lbs.
Shipping
Weight



2x3-Inch,
11-Gauge
Steel Frame



Ships Fully
Assembled