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Технические характеристики на силовые тренажеры (скамьи)

компании **GYMSTICK**

скамьи Alpha Weight Bench,
скамьи Alpha Weight,
скамьи с весами Weight Bench 400, 200,
скамьи с весами с комплектом 40 кг,

плоские скамьи Flat Bench Pro,
регулируемые скамьи Pro,
скамьи для фитнеса, мульти-скамьи,
скамьи для разгибания спины,
скамьи для пресса AbBench.

Alpha Weight Bench



Gymstick Alpha Weight Bench is developed for heavy lifters at home and active commercial gym use. The bench has height adjustable U-shaped barbell holders with quick-locks for easy lifting setup configuration. With heavy-duty adjustable safety pins at both sides of the bench, you can rest assure that you wont squish even under your 1 rep max attempts. There are two upright barbell holders at the back of the bench for storing your standard 50 mm barbells conveniently and close-by for easy accessibility.

Technical information

SKU PRO-AWB

EAN 6430062514438

Size (cm) 145,5 x 120 x 89

Weight (kg) 50

Additional information

Max. Load (kg) 300

Includes Manual and accessories for installation

Product package

Package (cm) 95 x 54 x 17,5

Package (kg) 54.3

Weight Bench 200



Weight Bench 200 is well suitable for active and hard strength training. Very sturdy bench not wobble so it allows you to just concentrate on your training. Padded bench with durable surface material brings comfort to training. Bench is suitable for both home use and for light gym use. 200kg maximum weight load satisfies the training needs of most users.

- Durable and sturdy steel frame
- 3 heights for barbell
- Comfortable bench with durable surface material

Technical information

SKU WB-200B

EAN 6430016900607

Size (cm) 149 x 131 x 120

Weight (kg) 37,5

Materials Steel, Wood, Rubber and Vinyl

Additional information

Max. Load (kg) 200

Note Back bench measures: 120x30x4cm.

Minimum grip length of suitable Barbell 124,5cm.

Includes Manual and Parts for assembly

Product package

Package (cm) 141 x 45 x 18,5

Package (kg) 41

Weight Bench 400



STR-400 weight bench is designed for home fitness and it provides a good platform for effective and versatile muscle strength training. This multi-function bench allows you to practice bench press, inclined bench press, biceps curls and strengthen leg muscles. The bench is well adjustable, sturdy and safe to use.

Product Details:

- Sturdy steel frame
- Adjustable barbell support, inclined bench, seat and biceps board
- Compatible with both 30mm and 50mm weight plates
- Weight plates and the barbell not included.

Technical information

SKU STR-400
EAN 6430016904476
Size (cm) 173 x 103 x 119
Weight (kg) 37
Materials Steel, Wood, PU and Vinyl

Additional information

Max. User (kg) 100
Max. Load (kg) 120
Note back bench measures: 78x30x3,5cm. Seat measures: 38x33x4,5cm. Minimum griplenght of suitable Barbell 102,5cm.
Includes Manual and Parts for assembly

Product package

Package (cm) 109,5 x 21 x 80
Package (kg) 37

Weight Bench with 40kg Set



Weight Bench 40 is an adjustable and foldable fitness bench, which allows an effective and versatile strength training workout. Bench enables you to train bench press, inclined bench press and strengthen your leg muscles. The backrest is adjustable to 4 different heights. After training the bench can be folded and so preserving takes only little space.

Weight Bench 40 comes with a 40kg vinyl weight set that allows safe and effective training. Weight plates are suitable for use with the weight barbell and also in the seated leg developer.

Product Details:

- Sturdy steel frame
- Adjustable backrest (4 different positions)
- Foldable frame
- Seated leg developer
- Weight barbell: 167cm / 5kg (grip width 102cm)
- Screw collars (2pcs)
- Weight plates: 4 x 5kg, 4 x 2,5kg ja 2 x 1,25kg.

Technical information

SKU STR-WB40

EAN 6430016902649

Size (cm) 150 x 56 x 106,5

Weight (kg) 58

Materials Steel, Wood, PU, Vinyl and Ironsand

Additional information

Max. User (kg) 100

Max. Load (kg) 80

Includes Manual and Parts for assembly

Product package

Package (cm) 111,5 x 47 x 11

Package (kg) 18,5

2. Package (cm) 53,5 x 28 x 23

2. Package (kg) 33,3

3. Package (cm) 170,5 x 8 x 8

3. Package (kg) 7,5

Flat Bench Pro



Gymstick Flat Bench Pro is extremely sturdy and durable, so it is suitable for both home and commercial gym usage. Maximum load on the bench is a massive 500 kg. Integrated transport wheels and handle ensures easy moving of the bench.

Technical information

SKU PRO-FB

EAN 6430062514018

Size (cm) 143 x 59,5 x 42

Weight (kg) 42

Materials Steel, nylon

Additional information

Max. Load (kg) 500

Note Padding: 120 x 31 x 6,5cm

Includes Manual and accessories for assembly

Product package

Package (cm) 141 x 41 x 22

Package (kg) 21

Adjustable Bench Pro



Gymstick Adjustable Bench is designed for active use at home or at the gym. Sturdy and durable structure ensures safe training on the bench. Maximum load including the user on the bench is 500 kg. The backrest is adjustable to 8 different angles and the seat is adjustable to 3 angles. Integrated transportation wheels and handle allows for easy positioning and moving of the bench.

Technical information

SKU PRO-AB

EAN 6430062514025

Size (cm) 145 x 67 x 46

Weight (kg) 32

Materials Steel, nylon

Additional information

Max. Load (kg) 500

Note Padding 135 x 28,5 x 7cm. Length of backrest: 88cm. Length of seat: 41cm

Includes Manual and accessories for assembly

Product package

Package (cm) 142 x 49 x 22

Package (kg) 34

Fitness Bench



Sturdy and adjustable bench for versatile dumbbell and muscle training. Both the backrest and the seat are adjustable to several different positions (6 different for backrest and 2 seat pad positions), which makes very versatile workout possible. You can make for example, a variety of push up-, rowing- and chest muscle exercises.

Technical information

SKU STR-FB

EAN 6430016907514

Size (cm) 122 x 63 x 117

Weight (kg) 13

Materials Steel, PP, Rubber and Nylon

Additional information

Max. User (kg) 180

Note Seat height 42cm. back bench measures: 81x31x4,5cm. Seat measures: 34x31,5x4,5cm.

Includes Assembly instruction and Parts

Product package

Package (cm) 116x 41x 13,5

Package (kg) 14

Multi Bench



Multiple functions in compact size. 7 adjustable positions for the back support and additional functions for training abs, back and biceps muscles. Sturdy and well-adjustable bench is safe to use and it's foldable into easy storage.

Technical information

SKU STR-MB

EAN 6430016907521

Size (cm) 147 x 43 x 53,5- 112

Weight (kg) 16

Materials Steel, PP, Rubber and Nylon

Additional information

Max. User (kg) 120

Max. Load (kg) 180

Note Back bench measures: 81x31x4,5cm. Seat measures: 31,5x30x4,5cm.

Includes Assembly instruction and Parts

Product package

Package (cm) 128,5 x 48 x 21

Package (kg) 19

Back Extension Bench



Back Extension Bench is angled in 45 degrees for easy entry and exit and is ideal for exercising lower-back muscles. You may increase the intensity of the training by adding separate weights to your exercise. Hip support is adjustable to several different heights.

Technical information

SKU PRO BB

EAN 6430016907453

Size (cm) 83 x 88 x 143

Weight (kg) 44

Materials Steel, PU, Rubber and Nylon

Additional information

Max. User (kg) 180

Includes Assembly instruction and Parts

Product package

Package (cm) 140 x 70 x 25

Package (kg) 45

AbBench



Compact size of the ab bench offers a solid platform for an effective abdominal training. Padded bench brings convenience to training. Training challenge can be increased or decreased by adjusting the inclination of the board (4 options available). Ab bench can be folded, so it takes up little space when stored.

Technical information

SKU STR-AB

EAN 6430016907507

Size (cm) 133 x 32 x 53-63

Weight (kg) 7,5

Materials Steel, Nylon, PP and PU

Additional information

Max. User (kg) 100

Note Back bench measures: 98x28,5x4cm

Product package

Package (cm) 10,5 x 124 x 38

Package (kg) 8

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