

## Adjustable Flat - Incline Bench

**Model:** ES-61A46YR

### FEATURES

The Adjustable Flat / Incline Bench reflects the core principles of the Essential Strength Line—durability, versatility, and intuitive design. Built for a wide range of upper body training movements, this bench allows users to quickly adjust between flat and incline positions for varied exercise selection and progression. Engineered for full-commercial environments, it delivers stability, comfort, and ease of use, making it a reliable foundation piece for any strength training facility.

#### Key Features & Specifications:

##### Commercial-Grade Frame Construction:

Main frame: 3.94" x 1.97" x 0.12" flat oval steel tubing  
All structural components utilize high-quality Q235 steel

##### Multi-Position Adjustability:

Adjustable back pad supports both flat and incline training positions. Designed to accommodate a wide range of pressing and dumbbell movements

##### Mobility & Convenience:

Integrated transport wheels and handle allow for easy and safe repositioning within the facility

##### Comfort-Driven Components:

High-density foam padding provides firm, supportive comfort during use. Upholstered with furniture-grade PU leather for durability and easy maintenance  
Integrated ABS guards enhance durability in high-contact areas

##### Stable & Durable Build:

Engineered for maximum stability under heavy commercial use while maintaining smooth adjustability



### SPECIFICATIONS

- Net Weight:** 101lbs
- Gross Weight:** 112lbs
- Footprint (L x W x H):** 53.1" x 20.5" x 16.9"