

## **Versatile Power --- Body-Solid Powerline POB44X Bench**

The Body-Solid Powerline POB44X is a versatile multi-functional bench designed for comprehensive strength training. It allows users to perform flat, incline, and decline bench presses, military presses, leg exercises, and various dumbbell movements. The bench features a sturdy construction with comfortable padding and a wide, stable base to ensure safety during workouts.

*Robust  
Comprehensive*



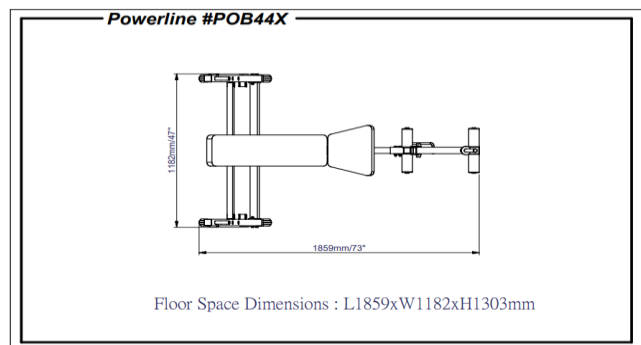
### Key Specifications:

Net Weight: 40 kg

Maximum Load Capacity: 120 kg

Color: Grey with black lining

The bench is compatible with both standard and Olympic bars, with an adapter required for Olympic plates (not included). It is ideal for home use, offering a comprehensive solution for various strength training exercises.



**INTERNATIONAL**  
3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei ,Taiwan110  
Tel:+886-2-2720-9980  
Fax:+886-2-2722-9750  
E-mail:joong@ms13.hinet.net  
<http://www.steelflexfitness.com>

Please note that weight plates, bars, and collars are sold separately.

Options

