



AUSTRALIAN MADE

# WEIGHT BENCHES

## FLAT BENCHES:

Cushion dimensions: 118cm x 25cm x 6cm



FLAT BENCH  
CODE: BHF



FLAT BENCH PRESS STANDARD  
CODE: BHPS



FLAT BENCH PRESS OLYMPIC  
CODE: BHPO

## ADJUSTABLE BENCH DIMENSIONS:

Cushion (large): 78cm x 25cm x 6cm

Cushion (small): 31cm x 24cm/36cm



ADJUSTABLE INCLINE BENCH  
CODE: BHI



ADJUSTABLE INCLINE  
BENCH PRESS STANDARD  
CODE: BHPAIS



ADJUSTABLE INCLINE  
BENCH PRESS OLYMPIC  
CODE: BHPAIO

## FIVE INCLINE POSITIONS

POSITION 1



POSITION 2



POSITION 3



POSITION 4



POSITION 5



Australian Barbell Company  
54 Bond St West, Mordialloc, VIC 3195  
ABN 29 004 420 848



P 03 9580 5945  
F 03 9580 7123  
info@australianbarbellco.com  
www.australianbarbellco.com