



WEIGHT BENCH WITH BICEP CURL ATTACHMENT

SKU: TT19260

~~359.00 €~~ 299.00 €

Stock: In stock

Categories: [Benches](#), [Fitness](#), [Fitness Equipment](#)

PRODUCT DETAILS

Transform your home gym with our versatile weight bench featuring a biceps curl attachment. This bench is designed to accommodate users of all sizes with its varying height adjustments, ensuring a comfortable and effective workout experience for everyone. Its compatibility with both 6-foot and 7-foot bars provides added flexibility, making it an ideal choice for any fitness enthusiast. Whether you're aiming to build a full, strong chest with flat bench press exercises or target your upper pectoral muscles with incline routines, this bench has you covered. The addition of the biceps curl attachment allows you to isolate and strengthen your arm muscles, making it a comprehensive tool for your strength training regimen.

Key Features

1. **Multiple Flat and Incline Adjustments:** Achieve a well-rounded chest workout by varying the bench angles, targeting different muscle groups for maximum development.
2. **Adjustable Uprights:** Customize the height to fit your body and lifting needs, ensuring safety and comfort during your workouts.
3. **Biceps Curl Attachment:** Enhance your arm workouts with focused biceps exercises, perfect for building muscle mass and definition.
4. **Versatile Bar Compatibility:** Designed to fit both 6-foot and 7-foot bars, providing greater flexibility for your lifting routines.
5. **Durable Construction:** Built to last with high-quality materials, offering stability and support for intense workout sessions.

Exercise Benefits

Chest Development

Flat Bench Press: This exercise is fundamental for building a full, strong chest. It targets the pectoral muscles, triceps, and deltoids, helping to enhance upper body strength and muscle mass.

Incline Bench Press: By adjusting the bench to an incline position, you place additional stress on the upper chest muscles and front deltoids. This variation helps to create a more defined and developed upper chest area.

Arm Strengthening

Biceps Curl Attachment: This feature allows you to perform isolated biceps curls, effectively targeting the bicep muscles. Regular use can lead to increased muscle size, strength, and improved arm aesthetics.

Additional Benefits

Improved Muscle Symmetry: By incorporating both flat and incline presses, you can ensure balanced muscle development, preventing disproportionate growth and enhancing overall muscle symmetry.

Enhanced Upper Body Strength: Regular use of the bench and its attachments contributes to increased upper body strength, benefiting various physical activities and overall fitness.

Versatility and Customization: The adjustable features and versatile attachments allow you to tailor your workouts to your specific goals and needs, providing a comprehensive and effective training experience.

Maximum Load Weight

200 Kgs