

Bench Press

Using the Bench Press develops the pectorals, deltoids and triceps. This upper-body workout with more significant movements such as the bench press promotes bone health.



Specifications

Age range: 13+ years
Minimum Area of Movement: 15m ²
Equipment size: 1590mm x 870mm
Max fall height: 530mm

Fitness Types



Materials

Colours

Standard powder coat range

Material specs

Uprights: Anodised Aluminium or HDG Steel
Frames, Arms, Rail, Plates & Supports: Electro Polished or Powder Coated Passivated Stainless Steel, Grade 316
Joints: Rubber Resistance System
Bearings: N/A
Fasteners: Security, Stainless Steel, Grade 304
Clamps: 30% Glass Filled Nylon
Caps: Stainless Steel, Grade 316, Polyethylene
Seats, Back & Arm Support: High Density Polyethylene
Sign Plaques: Anodised Aluminium

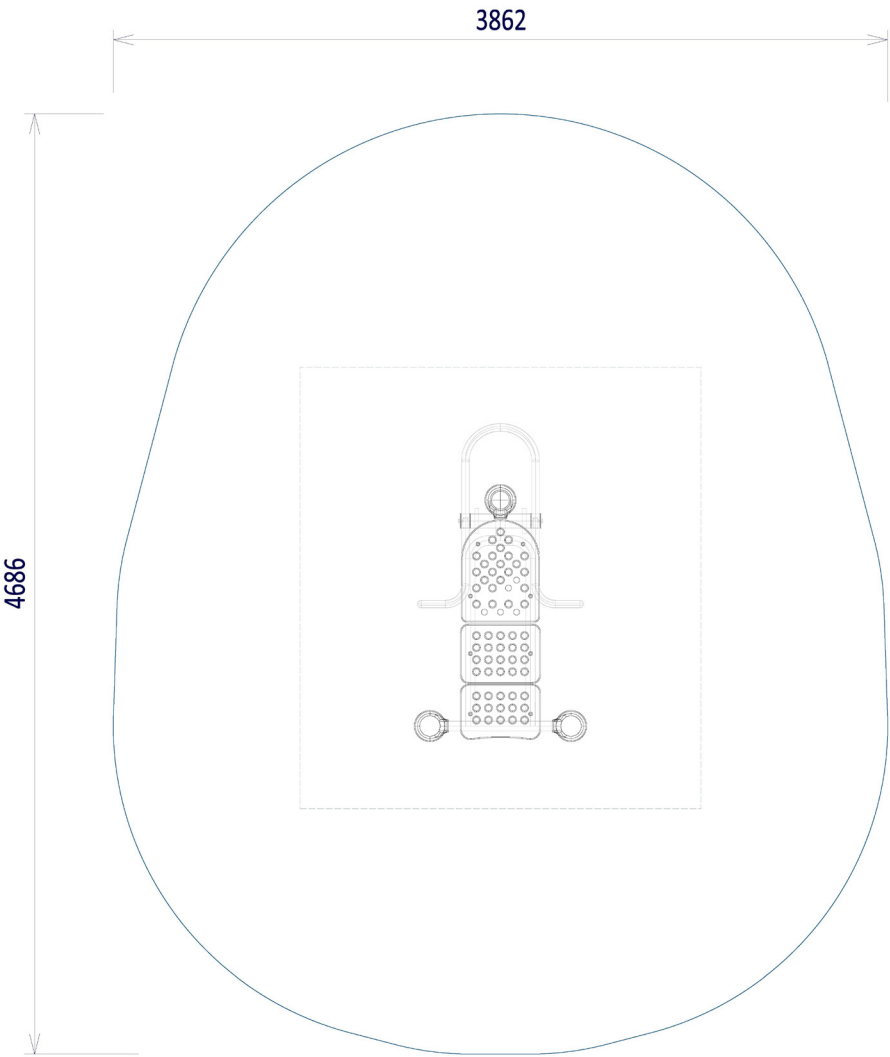
Standards
Complies with Australian Standards AS 16630:2021 – Permanently Installed Outdoor Fitness Equipment – Safety Requirements & Test Methods (EN 16630:2015, MOD).

*All information is commercial in confidence and is the property of Forpark Australia. All information is correct as at June 2022
For details regarding Australian standards, warranties, insurances, QA and installation, please contact your local office.

Bench Press



Plan View



To learn more about our warranty, compliance, materials, or colour palette and customisation options, contact PlayCo:
1800 655 041 | hello@playco.com.au | playco.com.au