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Технические характеристики на скамьи тренировочные компании **THROWDOWN**

FXD Bench Compact Home Gym without Accessories



- ALL WORKOUTS in one bench :The new gold standard in at-home fitness solutions, the FXD Bench is the most versatile bench in the game with the absolute smallest footprint possible. Completely self-contained, the bench is designed to fit in any room in your home. Perfect for traditional Strength Training, HIIT, or Bodyweight with a huge range of accessories
- ALL-IN-ONE: Designed to minimize transition time so you can maximize your workout. 6 pressing positions, 6 pulling positions, 100s of banded hook combos, stable enough for box jumps, Three-piece contoured cushion, promotes a full range of motion and free movement while maintaining comfort. Resistance rails engage training variety and optionality by providing anchor points at any bench angle or position
- SELF OR INSTRUCTOR-LED: Crafted to work seamlessly with instructor-led, app-led, or self-led workouts — dual-angle bench allows you to always be facing forward (toward your phone or instructor)
- COMPACT & MOBILE: Wheels allow for easy movement

UNPARALLELED QUALITY: Built for commercial gym or home use, and built to last forever.

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- UNPARALLELED QUALITY: Built for commercial gym or home use, and built to last forever
- Technical Specs:

ACCESSORIES INCLUDED: (2) each of 5lb, 10lb, 15lb, 20lb dumbbells, (1) each of 15lb and 30lb kettlebell, (1) 15lb slam ball, (2) Level 1 (15lb), Level 2 (30lb), Level 3 (35lb) sleeved resistance tubes, (2) resistance tube handles and ankle straps

Functional Flat Workout Bench



The Functional Flat Bench

- Tested and passed for strength and durability
- Ideal dimensions for back support and leg drive during bench press
- Constructed with thick plywood base layer, dense foam core, and soft top layer for the perfect mix of support and comfort.
- Covered with durable textured non-slip vinyl and professionally stitched.

Easy to move with the wheels.

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