

BENCHES AND RACKS



OLYMPIC FLAT BENCH OFB

- 52" L x 50" W x 50" H – 145 lbs
(133 cm L x 127 cm W x 127 cm H – 66 kg)



OLYMPIC INCLINE BENCH OIB

- 51" L x 52" W x 58" H – 198 lbs
(130 cm L x 132 cm W x 147 cm H – 90 kg)
- 30° incline on back pad



OLYMPIC DECLINE BENCH ODB

- 60" L x 53" W x 50" H – 190 lbs
(152 cm L x 135 cm W x 127 cm H – 86 kg)
- 15° decline on back pad



OLYMPIC MILITARY BENCH OMB

- 56" L x 48" W x 65" H – 339 lbs
(142 cm L x 122 cm W x 165 cm H – 103 kg)



OLYMPIC BENCH WEIGHT STORAGE OBWS

- Standard weight horns – 8
- 22" L x 15" W x 46" H – 62 lbs
(57 cm L x 32 cm W x 116 cm H – 28 kg)

*Note: Shown here with optional Olympic Flat Bench (OFB).
Also can be attached to OMB, OIB, and ODB.*



OLYMPIC SQUAT RACK OSR

- Standard weight horns – 10
- 59" L x 68" W x 73" H – 290 lbs
(150 cm L x 173 cm W x 185 cm H – 132 kg)



OLYMPIC POWER RACK OPR

- Standard weight horns – 6
- 70" L x 63" W x 87.5" H – 350 lbs
(178 cm L x 160 cm W x 222 cm H – 159 kg)



• **ADJUSTABLE BENCH (PRO STYLE)** FWMAB

- Bench adjusts in 8 different positions (0–80°)
- Seat automatically adjusts with backpad adjustments
- 55" L x 26" W x 17" H (flat) – 115 lbs (140 cm L x 66 cm W x 43 cm H – 52 kg)
- 50" L x 26" W x 46" H (upright) – 115 lbs (127 cm L x 66 cm W x 117 cm H – 52 kg)



• **ADJUSTABLE BENCH** FWADJ

- Bench adjusts in 7 different positions (-10°, 0°, 15°, 30°, 40°, 50°, 75°). Seat is fixed. Fixed lumbar pad provides lower back support.
 - 66" L x 22" W x 43" H – 100 lbs (168 cm L x 56 cm W x 109 cm H – 45 kg)
 - 52" L x 22" W x 43" H – without foot brace
- Note: Can remove foot brace to improve space efficiency



• **DECLINE/ABDOMINAL BENCH** FWDB

- 63" L x 24" W x 34" H – 100 lbs (160 cm L x 61 cm W x 86 cm H – 45 kg)



• **BACK EXTENSION** BWBE

- 59" L x 28.3" W x 43" H – 135 lbs (150 cm L x 72 cm W x 108 cm H – 61 kg)



• **FLAT BENCH** FWFB

- 50" L x 22" W x 16" H – 54 lbs (127 cm L x 55 cm W x 39 cm H – 25 kg)



• **UTILITY BENCH-75°** FWUB75

- 51" L x 25" W x 37" H – 65 lbs (130 cm L x 64 cm W x 94 cm H – 30 kg)



• **GLUTE/HAM** BWGH

- 72" L x 33" W x 50" H – 329 lbs (183 cm L x 84 cm W x 127 cm H – 149 kg)



• **SEATED ARM CURL** FWAC

- 39" L x 36" W x 43" H – 160 lbs (39 cm L x 90 cm W x 109 cm H – 73 kg)



CHIN DIP/LEG RAISE BWCDL

- 48" L x 42" W x 92" H – 250 lbs
(122 cm L x 107 cm W x 234 cm H – 113 kg)



DELUXE WEIGHT TREE FWDWT

- Standard weight horns – 8
- 20" L x 27" W x 39" H – 73 lbs
(51 cm L x 69 cm W x 98 cm H – 33 kg)



DUMBBELL RACK-SINGLE FWDR1

- 90" L x 16.5" W x 23.5" H – 93 lbs
(229 cm L x 42 cm W x 60 cm H – 42 kg)

DUMBBELL RACK-DOUBLE FWDR2

- 90" L x 24" W x 32" H – 155 lbs
(229 cm L x 60 cm W x 81 cm H – 70 kg)



BARBELL RACK FWBAR

- Accommodates up to ten barbells
- 31" L x 28" W x 60" H – 142 lbs
(79 cm L x 71 cm W x 152 cm H – 64 kg)

Frame Colors



Upholstery Colors



Frame Color Chart

KEY:
 ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
Platinum	●	●	●	●
White	●	●	●	●
Black	●	●	●	●
Ice Blue Metallic	●	●	○	—
Midnight Metallic	●	●	○	—
Nickel	●	●	○	—
Blue	●	●	+	—
Red	●	●	+	—
Yellow	●	●	+	—
Custom	+	+	+	—

Upholstery Color Chart

KEY:
 ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
American Beauty Red	●	●	●	○
Azure	●	●	●	○
Black	●	●	●	●
Cranberry	●	●	●	○
Graphite	●	●	●	○
Hunter Green	●	●	●	○
Regimental Blue	●	●	●	○
Royal Blue	●	●	●	○
Slate	●	●	●	○
Wheat	●	●	●	○
Burgundy	○	○	○	○
Candy Apple Red	○	○	○	○
Chestnut	○	○	○	○
Concord	○	○	○	○
Crocus	○	○	○	○
Dove Gray	○	○	○	○
Emerald	○	○	○	○
Grotto	○	○	○	○
Gun Metal	○	○	○	○
Imperial Blue	○	○	○	○
Jade	○	○	○	○
Navy	○	○	○	○
Northwoods Green	○	○	○	○
Paprika	○	○	○	○
Plum	○	○	○	○
Putty	○	○	○	○
Space Blue	○	○	○	○
Suede	○	○	○	○
Terra Cotta	○	○	○	○
Turquoise	○	○	○	○
Custom	+	+	+	+

Premium and custom frame and upholstery colors are available for an additional charge.

Actual frame and upholstery colors may differ from printed color samples shown.