Flat Bench

ES-61A47YR



The Flat Bench reflects the core principles of the Essential Strength Line—durability, simplicity, and reliable performance. Designed as a foundational strength training platform, it supports a wide range of free weight exercises with maximum stability and user confidence. Engineered for full-commercial environments, this bench delivers a solid, no-frills training surface ideal for pressing movements, dumbbell work, and general strength training applications.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 3.94" × 1.97" × 0.12" flat oval steel tubing All structural components utilize high-quality Q235 steel.

- Versatile Training Design: Multiple grip and positioning options accommodate a variety of training movements and user preferences Designed for stable, unrestricted free weight exercises.

- Stable & Durable Build: Engineered for maximum stability under heavy commercial use while maintaining a compact footprint.

- User-Focused Safety Features: Integrated auxiliary step platform provides safe and easy mounting access Rubber anti-slip pads enhance stability during training and floor contact.

- Comfort-Driven Components: High-density foam padding provides firm, supportive comfort during use Upholstered with furniture-grade PU leather for durability and easy maintenance Integrated ABS guards enhance durability in high-contact areas.

- Net Weight: 57lbs
- Gross Weight: 68lbs

DIMENSION IN INCHES

Height	Width	Length
17.3	20.5	47.2