


2023



THE EVOLUTION OF STRENGTH TRAINING EQUIPMENT.

# BENCHES

MADE IN THE U.S.A. 



# BENCHES

## Raising the benchmark. Changing the game.

PRIME provides two bench options, both offering superior versatility and adjustability to facilitate any need. Our PRIME Adjustable Bench offers a lighter weight and easy-to-use functionality, perfect for any fitness enthusiast. The PRIME XL Adjustable Bench is built for the serious athlete/competitive user in mind. Both PRIME benches feature lock-in centering technology. This feature ensures the bench is always properly centered, offering consistency and accuracy each and every lift.

### PRIME XL Adjustable Bench Features:

- + Lock-In Centering Technology
- + Extra Wide Back Pad
- + 18 Incline Settings
- + Horizontal Slide Adjustment
- + Built in Spotter Foot Plates

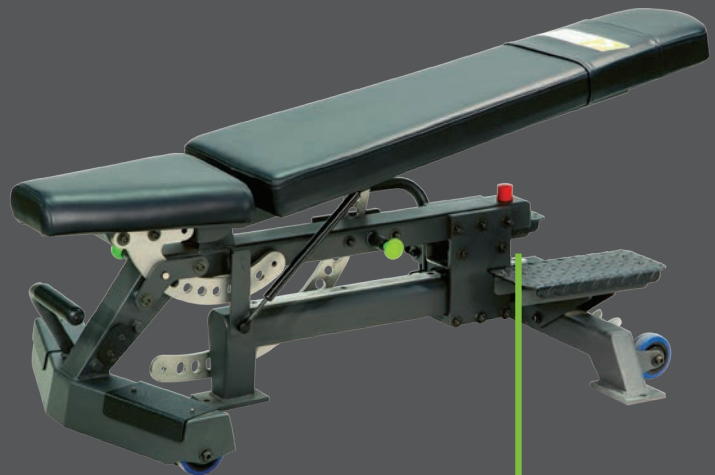
PRIME XL Adjustable Bench

#### Dimensions:

85L x 31W x 18H in.

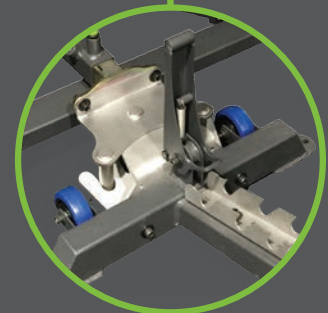
216L x 79W x 46H cm.

Weight: 194lbs. / 88kgs.



### Bench Centering Device Upgrade

Our PRIME Steel Benches are equipped with a Lock-In Centering technology that ensures the bench is always properly centered.





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Everything you need from a bench. Everything you'd expect from PRIME.

## PRIME Adjustable Bench Features:

- + Lock-In Centering Technology
- + 3-Way Adjustability (Decline, Flat, Incline)
- + Back pad adjustability from 0 to 85 degrees and five seat pad angle adjustments
- + Adjustable Elbow Pads upgrade for superior arm curl exercise execution
- + Removable ankle pad upgrade for decline exercises

## Dimensions:

Bench Only  
51L x 27W x 18H in.  
130L x 69W x 46H cm.

Bench w/Ankle Pad Attachment:  
66L x 27W x 18H in.  
168L x 69W x 46H cm.

Bench w/Elbow Pad Attachment:  
51L x 27W x 18H in.  
130L x 69W x 46H cm.

## Weight:

Bench Only  
94lbs. / 43kgs.

Ankle Pad Attachment:  
14lbs. / 6kgs.

Elbow Pad Attachments:  
14lbs. / 6kgs. (for both)





For more information on our latest innovations, visit [PrimeFitnessUSA.com](http://PrimeFitnessUSA.com)

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