

FUNCTIONAL CORE TRAINING

X3S

X3S Bench - Functional and Isolation Training in One Machine



The X3S Bench combines both functional and isolated exercise safely in one machine. This unique combination enables you to functionally exercise your complete core while isolating your quads, glutes and hamstrings with one simple compound movement. The X3S Bench can challenge any fitness level with the use of dumbbells or weighted balls for a total body workout.

DIMENSIONS & WEIGHT

L40" W 29" H 15" Weight: 50 lb.



The Core of Good Health

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call for details **1-866-219-5335** • outside the U.S. **1-908-879-2713**

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