

**BENCH  FITNESS**

# **BUILT STRONG**

**GYM EQUIPMENT THAT'S BUILT  
DURABLE, TOUGH & STRONG.**

Custom build your gym equipment or shop our ready built products.

**V23.01**



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# OUR STORY

Ever since I was young, my dream was to own a gym and make people strong. After 20 years working within the manufacturing industry, it made sense to combine my passion for fitness with that experience.

I started designing and testing equipment in 2014. With 20 squat racks on my property, I ran workouts for the local expat community to train with me and help test the equipment. Once I ran out of space, I moved into a small 200sqm factory.

In 2017, I turned my dream into a reality. I resigned from my senior management role in a manufacturing business, bought a welding machine, registered a business and employed 4 people. Bench Fitness Equipment was born.

Bench Fitness Equipment is a Thai/Australian business. We design and manufacture high-end customisable strength equipment at affordable prices for the global strength community.

We are committed to supporting the Thai community and manufacture over 80% of our products at our manufacturing plant - based in Rayong, Thailand (next to the Harley Davidson, ARB, Ford, LG, BMW manufacturing plants) - creating over 40 jobs for Thai locals.

Our goal is to keep increasing our local manufacturing workforce and eventually provide 100% Thai-made products.

Jonathon Sheaffe,  
Managing Director of Bench Fitness Equipment



# OUR CUSTOMERS





#BUILTSTRONG

# OUR PROCESS

From concept and design engineering to assembly and quality inspection, our process keeps the customer in mind every step of the way.



## CONCEPT/DESIGN

Our graphic design team and sales team will work closely with you to understand your vision and bring your concepts to life with 3D renders and 3D gym layouts.

## DESIGN ENGINEERING

Our design engineering and manufacturing teams will take your concepts and turn them into reality. They will run all the required engineering calculations and ensure every product is fit for function.



## LASER CUTTING

Our computer controlled sheet and tube lasers allow us to produce your custom logos and all precision parts with extreme accuracy.

## CNC FOLDING

In our folding department, we have 60, 80 and 135 ton presses as well as tube bending machines. Each part is folded and checked against part drawings to ensure it's correct.



## WELDING

Our welding team treat their work with exceptional care. Every weld put down is a work of art.



## COATING

Our preparation, pre-treatment and powder coating process ensures a long-lasting and durable finish for your gym equipment. Working with our partners, we offer bright zinc, black zinc, chrome and galvanised finishes for outdoor use.

## ASSEMBLY

We ensure fit-for-function assembly and test all products before they leave our factory.



## QUALITY INSPECTION

At every step of the manufacturing process, we have checks in place to ensure every part meets our high standards before it moves to the next stage.

## SUPPORT

We don't disappear after your install is complete - whether it's facility maintenance, annual checks or assistance with your social media posts - whatever you and your team need, we're there to help.






#BUILTSTRONG

# MEET THE TEAM



**Jon**  
Co-Founder  
jonathon@benchfitness.com



**Ann**  
Co-Founder  
prapawadee@benchfitness.com




**Nipon**  
Thai Commercial Sales  
nipon@benchfitness.com



**Noon**  
Graphic Designer




**Toon**  
Engineering Manager




**Tik**  
Design Engineer




**Nut**  
Design Engineer



**Golf**  
Design Engineer




**Nok**  
Accounting Manager




**Peach**  
Planning Manager




**Ton**  
Manufacturing Engineer



**Jirasak**  
Production Supervisor



**Saiyan**  
Production Supervisor



**Nirut**  
Installation Supervisor



#BUILTSTRONG

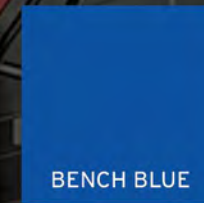
# COLOUR OPTIONS

You don't have to settle for just black, red, blue or silver. Check out our range of colour options available.

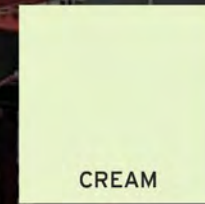
## STANDARD COLOURS



SIGNAL RED



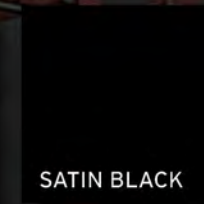
BENCH BLUE



CREAM



WHITE



SATIN BLACK

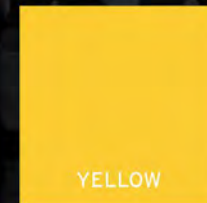


MATT BLACK

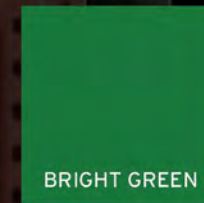
## PREMIUM COLOURS



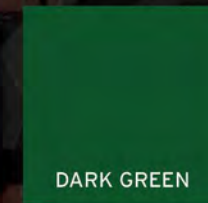
HEATHER PINK



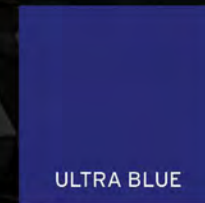
YELLOW



BRIGHT GREEN



DARK GREEN



ULTRA BLUE



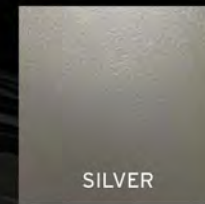
CHARCOAL GREY



GRAPHITE GRAY



LIGHT GRAY



SILVER



METALLIC SILVER



GALVANIZED



CLEAR COAT

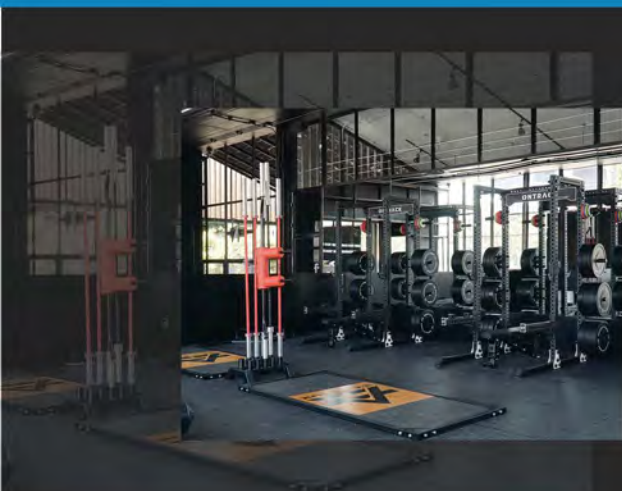


You dream it, we build it.

# BENCH CUSTOM

We don't just offer our Core range off-the-shelf gym equipment, Bench Fitness specialises in designing and custom building any gym equipment you can dream up.

We'll work with you to design and custom build your gym equipment from start to finish. Far beyond picking from a standard range of colours or choosing a different pull up bar for your rig, we can make subtle dimension changes to fit your specific needs, get your branding incorporated, or create a full custom fit out for your dream gym.



## FULL CUSTOM FIT OUTS

Designing a home gym or commercial gym? We'll work with you to find the best solution for your strength gym and your branding style.

## INCORPORATE YOUR BRAND

Our design team will work with you to add your branding to your strength equipment to make it your own.



## CUSTOMISE YOUR COLOUR

You don't have to settle for just black. We have a huge range of colours to fit your branding.





BENCH  FITNESS

#BUILTSTRONG

# EXCEED

If you want to make a statement, design your strength gym with our Exceed plate loaded range. Choose your colours and add your logo to fit your branding.



**EXCEED**

# CHEST & SHOULDERS



**EXCEED  
Flat Bench Press  
BB0001**



**EXCEED  
Incline Bench Press  
BB0002**



**EXCEED  
Shoulder Press  
BB0006**

**EXCEED**

# CHEST & SHOULDERS



**EXCEED  
Viking Press  
BB0007**



**EXCEED  
Seated Bench Press  
BB0004**



**EXCEED  
Seated Incline  
Bench Press  
BB0005**



**EXCEED  
Seated Decline  
Bench Press  
BB0003**



**EXCEED**  
**BACK**



**EXCEED**  
**Multi Row**  
BC0001

**EXCEED**  
**BACK**



**EXCEED**  
**High Row**  
BC0002



**EXCEED**  
**Lat Pull Down**  
BC0004



**EXCEED**  
**Chest Supported Row**  
BC0006



**EXCEED**  
**T Bar Row**  
BC0003



**EXCEED  
LEGS**



**EXCEED  
Hack Squat  
BA0001**



**EXCEED  
Pendulum Squat  
BA0003**

**EXCEED  
LEGS**



**EXCEED  
Seated Calf Raise  
BA0002**



**EXCEED  
ISO Leg Press  
BA0004**

**EXCEED  
Glute Bridge  
BA0005**



**EXCEED  
Multi Lift  
BA0006**



#BUILTSTRONG

# REVOLVE

REVOLVE is our heavy duty, badass full functionality range. Made to order, with the ability to modify components, add custom logo plates and colour options.



# REVOLVE CUSTOM RIGS



# REVOLVE RIGS



## REVOLVE Floor Rig

Available in  
1.1m/1.5m/1.8m depth  
and 1/2/3/4/5 cells

## REVOLVE Wall Rig

Available in  
1.1m/1.5m/1.8m depth  
and 1/2/3/4/5 cells







**REVOLVE**  
**CUSTOM RACKS**



# REVOLVE RACKS



REVOLVE  
Squat Rack  
DG0005



REVOLVE  
Yoke  
DG0007



REVOLVE  
Power Rack Pro  
DG0003



REVOLVE  
Shorty Power Rack  
DG0001



REVOLVE  
Power Rack  
DG0002

REVOLVE  
Half Rack  
DG0004





# REVOLVE ATTACHMENTS



REVOLVE  
Jammer Arms  
DH0001



REVOLVE  
Safety Straps  
DH0002 (760mm)  
DH0003 (1100mm)



REVOLVE  
Flip Down Safety  
DH0004



REVOLVE  
Safety Arm 2.0



REVOLVE  
Bumper Pin  
EL0001



REVOLVE  
Trawler Arm  
DJ0001



REVOLVE  
Hitch Pin  
DH0005



REVOLVE  
Band Peg  
DH0006



REVOLVE  
Sandwich J Hook  
DH0007

# REVOLVE ATTACHMENTS



REVOLVE  
Shorty Power Rack Platform Insert  
DJ0006



REVOLVE  
Power Rack Platform Insert  
DJ0005



REVOLVE  
Half Rack Platform Insert  
DJ0003



REVOLVE  
Pro Power Rack Platform Insert  
DJ0004



## REVOLVE BENCHES



REVOLVE  
Utility Bench

CD0003



REVOLVE  
Flat Bench

CD0001

## REVOLVE BENCHES



REVOLVE  
Seal Row

CD0002



REVOLVE  
Preacher Curl Bench

CE0004



REVOLVE  
Oly Flat Bench

CD0004



REVOLVE  
Oly Incline Bench

CE0005



REVOLVE  
45 Degree  
Back Extension

CE0007



REVOLVE  
Sissy Squat

CE0009



REVOLVE  
Oly Decline Bench

CE0006



REVOLVE  
Competition Combo

CE0003



REVOLVE  
Adjustable Box Squat

CE0010



REVOLVE  
Nordic Curl Bench

CE0011



# REVOLVE STORAGE

## REVOLVE Modular Storage System

Available in  
shelf type: Bumper/WB/KB/DB,  
1.1m/1.5m/1.8m depth  
and 1/2/3/4/5 tiers



## REVOLVE Dumbbell rack

Available in  
1.1m/1.8m width





BENCH  FITNESS

**#BUILTSTRONG**

# CORE

Our Core range lives up to its name. It covers the foundation of any strength & conditioning gym with rigs, racks, accessories, attachments and storage - an affordable solution for your gym.



**CORE**  
**RACKS**



**CORE**  
**Squat Stands**

HG0001



**CORE**  
**Squat Rack**

HG0002

**CORE**  
**RACKS**



**CORE**  
**Yoke/Squat**

HG0008



**CORE**  
**Stall Bar**

HG0007



**CORE**  
**Power Rack Lek**

HG0004



**CORE**  
**Power Rack**

HG0003



**CORE**  
**Floor Power Rack**

HG0005



**CORE**  
**Add On Kit**

HG0006



**CORE**  
**WALL RIGS**



**CORE**  
**Compact Low**  
**Wall Rig**

Available in 1/2/3/4/5 cells

**CORE**  
**WALL RIGS**



**CORE**  
**High Low Wall Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth



**CORE**  
**Low Wall Rig**

Available in 1/2/3/4/5 cells,  
2.3m/2.5m height and  
1.1m/1.5m/1.8m depth



**CORE**  
**Monkey Bar**  
**Wall Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth



**CORE**  
**FLOOR RIGS**



**CORE  
Low Floor Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth



**CORE  
High Low  
Floor Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth

**CORE**  
**FLOOR RIGS**



**CORE  
High Floor Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth



**CORE  
Monkey Bar  
Floor Rig**

Available in 1/2/3/4/5 cells  
and 1.1m/1.5m/1.8m depth



# CORE ATTACHMENTS



CORE  
J Hook  
HH0004



CORE  
Sandwich J Hook



CORE  
Roller J Hook



CORE  
Bumper Pin  
JM0002



CORE  
Bumper Pin Short  
JM0003



CORE  
Adjustable Bumper  
Pin 2.0  
JM0001



CORE  
Band Peg  
HH0013



CORE  
Bench Band Peg  
HH0011



CORE  
Hinch Pin  
HH0012



CORE  
Rack Landmine  
HH0007



CORE  
Hanger  
HH0014

# CORE ATTACHMENTS



CORE  
Jammer Arms  
HH0001



CORE  
Wall Ball Target  
HJ0002



CORE  
Dip Attachment  
HH0010



CORE  
Safety Arm 2.0



CORE  
Flip Down Safety  
HH0003



CORE  
Safety Pipe



CORE  
Trawler Arm  
HJ0001



CORE  
Hip Thrust  
HH0009



CORE  
Roller Pad  
HH0008



**CORE**  
**BENCHES**



**CORE**  
**Flat Bench Bolt**  
GD0001



**CORE**  
**Adjustable Bench**  
GE0002



**CORE**  
**Single Leg Squat**  
GE0003



**CORE**  
**Glute Bench**  
GD0003

**CORE**  
**BENCHES**



**CORE**  
**GHD**  
GE0004



**CORE**  
**Reverse Hyper**  
FC0001



**CORE**  
**Hip Thrust**  
GD0002



**CORE**  
**Leg Curl /  
Leg Extension**  
FA0001



**CORE**

# STORAGE - SYSTEM



**CORE  
3 Tier 1.8m  
Storage Rack**



**CORE  
3 Tier 1.1m  
Storage Rack**



**CORE  
2 Tier 1.8m  
Storage Rack**



**CORE  
2 Tier 1.1m  
Storage Rack**

**CORE**

# STORAGE - FLOOR



**CORE  
Bumper Stacker Wheels  
JL0008**



**CORE  
Weight Tree 3.0  
JL0006**



**CORE  
Plate Cart  
JL0007**



**CORE  
9 Barbell Storage Cube  
JL0005**



**CORE**

**STORAGE - WALL**



**CORE  
Foam Roller Storage**

JK0003



**CORE  
Wall Mount Wall  
Ball Storage**

JK0001



**CORE  
Wall Mount Wall  
Ball Extension**

JK0002



**CORE  
Gun Rack**

Available in 6/12 bars



**CORE  
Barbell Hanger**

Available in 1/2/4 bars



**CORE  
Storage Hanger**

Available in short/long





BENCH  FITNESS

**#BUILTSTRONG**

# BARS & WEIGHTS

Barbells, dumbbells, kettlebells, plates, wall balls and more!  
Everything you need to complete your dream training gym.



**BARS & WEIGHTS**  
**BARBELLS**



**EZ Barbell**

KN0004



**10kg Trianing Barbell**

KN0001



**15kg Trianing Barbell**

KN0002



**20kg Trianing Barbell**

KN0003

**BARS & WEIGHTS**  
**SPECIALTY BARS**



**10 inch Log**

KN0010



**12 inch Log**

KN0011



**Multi Bar**

KN0012



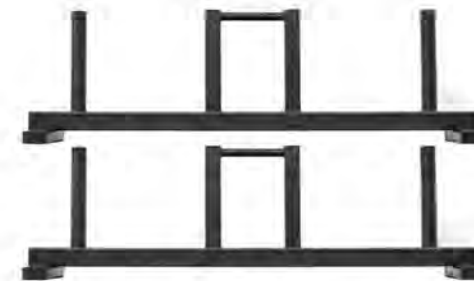
**Trap Bar 2.0**

KN0013



**Farmers Walk  
Straight Handle**

KN0014



**Farmers Walk**

KN0015



**Silver Dollar  
Attachments**

KN0016



## BARS & WEIGHTS

# PLATES



### Premium Bumper Plates

Available in 5kg / 10kg / 15kg / 20kg / 25kg / 100kg set / 150kg set



### Premium Bumper Colour Plates

Available in 5kg / 10kg / 15kg / 20kg / 25kg / 100kg set / 150kg set

## BARS & WEIGHTS

# PLATES



### Fleck Plates

Available in 5kg / 10kg / 15kg / 20kg / 25kg / 100kg set / 150kg set



### Calibrated KG Steel Plates

Available in 0.25kg / 0.5kg / 1.25kg / 2.5kg / 5kg / 10kg / 15kg / 20kg / 25kg / 100kg set / 150kg set



## BARS & WEIGHTS

# PLATES



### Bench Competition Plates

Available in Available in 10kg / 15kg / 20kg / 25kg / 140kg set



### Change Plates

Available in Available in 0.5kg / 1kg / 1.5kg / 2kg / 2.5kg / 15kg set



### 2.5kg Technique Plates Pair



### HD Change Plate

Available in 0.5kg / 1.25kg / 2.5kg

## BARS & WEIGHTS

# BALLS



### Black Wall Balls

Available in Available in 2kg / 4kg / 6kg / 8kg / 10kg / 12kg



### Slam Balls

Available in Available in 5kg / 10kg / 15kg / 20kg / 30kg / 40kg / 50kg



### Atlas Stones

Available in Available in 14" / 16" / 18" / 20" / 22"



**BARS & WEIGHTS**  
**DBs and KBs**



**Hex Dumbbell KG**

Available in  
 1kg-50kg pairs / 1-10kg set / 2.5-30kg set  
 / 32.5-50kg set / 2.5-50kg set



**Powder Coated Kettlebell**

Available in  
 4kg / 6kg / 8kg / 10kg /  
 12kg / 14kg / 16kg / 20kg /  
 24kg / 28kg / 32kg / 36kg  
 / 40kg / 44kg / 48kg



**Loadable DB Handles**

KS0025



**25kg Monster DB**

KS0026



**Monster DB**

KS0027

**BARS & WEIGHTS**  
**ACCESSORIES**



**Mini Deadlift Jack**

KT0003



**Deadlift Jack**

KT0004



**Spring Collar**

KT0001



**Barbell Collar**

KT0002



**Sport Chalk**

Available in  
 Single Block / Box of 8



**Resistance Bands**

Available in  
 Red (13 mm) / Black (22 mm) /  
 Purple (32 mm) / Green (44 mm)





**#BUILTSTRONG**

# ACCESSORIES

The most underrated in the gym... accessories. This is what takes your training to the next level. We've got ropes, cable attachments, sleds, pull up bars and more.



**ACCESSORIES**

# CABLE ATTACHMENTS & LANDMINES



**Landmine Bumper**

LU0001



**Bench Handle**

LU0002



**Bench Close Grip Attachment**

LU0003

**ACCESSORIES**

# PLYOBOXES



30" LV0006

24" LV0005

18" LV0004

12" LV0003

**Steel Plyobox Set**

LV0007



**Wood Plyobox**

LV0001



**Soft Plyobox**

LV0002



**ACCESSORIES**  
**SLEDS**



**Butcher Sled**  
LW0001



**Abram Sled Lek**  
LW0003



**Abram Sled**  
LW0002



**Sled Low Handle  
(handle only)**  
LW0004



**Sled High  
(handle only)**  
LW0005

**ACCESSORIES**  
**FLOORING & PLATFORMS**



**Exercise Mat**  
LX0005



LX0006

**Dropping Mats**  
● ● ●



LX0007



LX0008



ACCESSORIES

# FLOORING & PLATFORMS



**Deadlift Platform**  
2.4m x 1m - Wood Insert  
LX0001



**Deadlift Platform**  
2.4m x 1m - Rubber  
LX0002



**Olympic Platform**  
3m x 2m - Wood Insert  
LX0003



**Olympic Platform**  
3m x 2m - Rubber  
LX0004

ACCESSORIES

# FLOORING & PLATFORMS



**Composite Rubber Tile**



500mm x 500mm x 25mm  
LX0014

1m x 1m x 25mm  
LX0020



**Crumb Rubber Tile**  
1m x 1m x 20mm

LX0021

**Turf Green**



**Turf Black**  
2m Wide







**CORE  
Squat Wedge Pair**

Available in  
5 / 10 / 15 / 20 / 25 / 30 degree



**CORE  
Squat Wedge Wide**

Available in  
5 / 10 / 15 / 20 / 25 / 30 degree

**ACCESSORIES**

**GYMNASTIC & BODYWEIGHT**



**Pull Up Bar 2.0**  
LV0017



**Wall Mount Pull Up Bar**  
LV0018



**Ab mat**  
LV0020



**Foam Roller**  
LV0021



**Wall Mount Rope Arm**  
LV0019



**Wooden rings**  
LV0014



**Plastic Rings**  
LV0015



**Suspension System**  
LV0024



**Hurdles 15cm**  
LV0026



**Hurdles 30cm**  
LV0027



**Speed Ladder**  
LV0025



**Cross Balance Set**  
LV0023



**Bench Loop Band Set**  
LV0022



**ACCESSORIES**  
**ROPES**



**Climbing Rope**

LV0012



**Battle Rope**

Available in 9m / 15m



**Speed Jump Rope**



**Rope Anchor**





BENCH  FITNESS

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# CARDIO

Improve your endurance with our range of cardio equipment. Everything from Assault bikes, Treadmills, Concept 2 Rowers and SkiErg and more.



Bench Pro Air Bike



Concept 2 RowErg



Concept2 SkiErg



Concept2 BikeErg



Assault Air Bike



Assault Runner Pro



#BUILTSTRONG

# DISTRIBUTION

Our three pillars: Love. Strength. Community.

At Bench Fitness, we have one mission: to make people strong. Thanks to our background in manufacturing and our deep understanding of the strength community, we can offer quality, highly customisable strength equipment at a killer price.

Today, we're Thailand's biggest manufacturer and supplier of strength equipment. We employ over 40 people and provide gym equipment to more than 20 countries - from supplying US Marines across Asia to providing global gym franchises with custom gym equipment.

## Benefits of being a Team Bench Fitness Distributor -

- ✔ Huge product range backed by our Bench Built warranty
- ✔ Competitive pricing and margins
- ✔ Marketing, creative and business development support
- ✔ A dedicated HQ team to help assist you to be a success

Interested in being a distributor and making people strong?  
drop us an email at [team@benchfitness.com](mailto:team@benchfitness.com)





# CERBERUS STRENGTH

-  CERBERUS GP Bar
-  CERBERUS Power Bar
-  CERBERUS Deadlift Bar
-  CERBERUS Safety Squat Bar
-  CERBERUS Squat Bar



**Strongman Log Pad Set**



**GP Drop Pad Set**



**Strongman Event Drop Pad**



**CERBERUS Dinni Stone Handles**



**GP Training Sandbag**



**Dual Ply Sandbag**



**Heavy Duty Sandbag V2**

**MADE STRONG FOR THE STRONG**  
[www.cerberus-strength.com](http://www.cerberus-strength.com)




# BENCH FITNESS


## **Bench Fitness Equipment**

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[WWW.BENCHFITNESS.COM](http://WWW.BENCHFITNESS.COM)

 [Bench Fitness Equipment](#)

 [benchfinessequipment](#)