

2019



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. Our PRIME XL Adjustable Bench is built to facilitate all users, regardless of size, perfect for athletes and lifters of all levels. 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

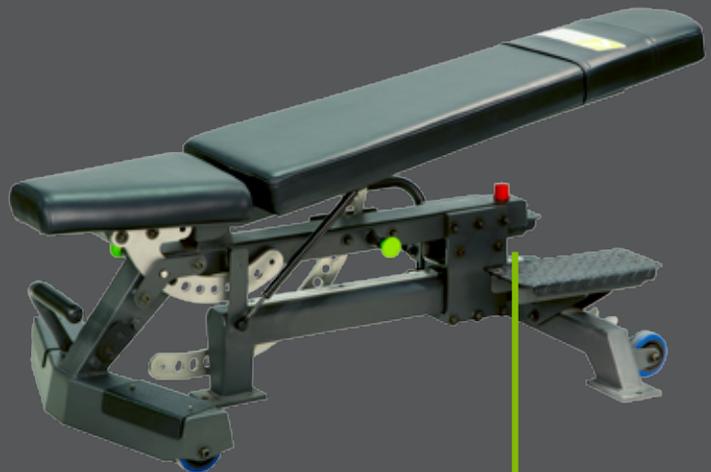
PRIME XL Adjustable Bench

#### Dimensions:

85L x 31W x 18H in.

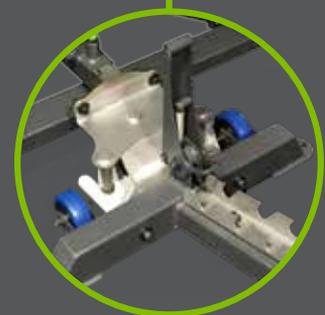
216L x 79W x 46H cm.

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)
- + Extra Wide Back Pad
- + Adjustable Elbow Pads upgrade for superior arm curl exercise execution
- + Removable ankle pad upgrade for decline exercises

## Dimensions:

Bench Only  
50.75L x 26.75W x 18H in.  
129L x 68W x 46H cm.

Bench w/Ankle Pad Attachment:  
65.75L x 26.75W x 18H in.  
167L x 68W x 46H cm.

Bench w/Elbow Pad Attachment:  
50.75L x 26.75W x 18H in.  
129L x 68W x 46H cm.

## Weight:

Bench Only  
94lbs. / 42.6kgs.

Ankle Pad Attachment:  
14lbs. / 6.4kgs.

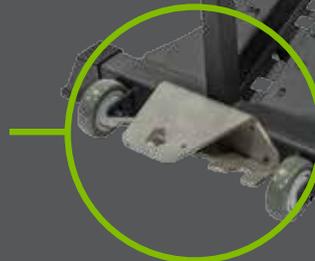
Elbow Pad Attachments:  
14lbs. / 6.4kgs. (for both)



Ankle Pad Attachment Upgrade



Elbow Pads Upgrade



Bench Centering Device Upgrade



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

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