

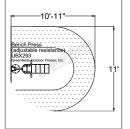
## **BENCH PRESS (ADJUSTABLE RESISTANCE)**

bidirectional resistance

**UBX293** 









## Strengthens:

- Chest
- **Shoulders**
- Arms (triceps)

This unit accomodates wheelchair users who are able to transfer





http://gfoutdoorfitness.com/adjustable-bench-press-video/

