

### A-630301 ADJUSTABLE PRONE ROW BENCH

#### BENCH CONSTRUCTION FEATURES:

**UPRIGHTS** – Constructed from heavy-duty 3" x 3" 7-gauge steel tubing for maximum strength and rigidity.

**BENCH SUPPORT** – Features a ¼" laser-cut steel bench support plate for added durability and precision alignment.

**PADDING** – Includes a 3" thick pad with adjustable ankle supports for secure positioning and user comfort.

**FRAME** – Fully welded frame ensures long-term structural integrity under heavy use.

**BAR HOLDERS** – Equipped with a Twist 'n Lock exterior bar holder system—engineered for durability and strength without using a tube-in-tube design.

**UPRIGHT PROTECTION** – ¼" high-impact plastic shields cover the front, inside, and back of each upright to protect both the rack and equipment.

**FINISH** – Uprights, bases, and supports are sand-blasted for optimal surface preparation and powder-coated for superior adhesion and chip resistance.



POWDER-COATING FRAME COLORS



38 oz. ULTRATOUGH™ VINYL

