MATRIX



Go Series Adjustable Bench

Our easy-to-use compact bench can help anyone start strength training. It provides unmatched stability for a range of exercises focused on major muscle groups, plus effortless adjustments, convenient transport and space-saving storage.

- Low 43.7 cm / 17.25" floor-to-pad height minimizes lower back stress
- 5 different back pad angle adjustments (0º, 30º, 45º, 60º, and 75º), and 2 seat pad angle adjustments (0º, and 20%)
- 2 integrated exercise band attachment points accommodates elastic exercises for added variety
- Bench can be stored vertically when not in use to save space

TECH SPECS	
OVERALL DIMENSIONS	142.4 x 77.5 x 43.7 cm / 56” x 30.5” x 17.25”

PRODUCT WEIGHT	36 kg / 79.5 lbs.
MAX TRAINING WEIGHT	159 kg / 350 lbs.
MAX USER WEIGHT	136 kg / 300 lbs.