



## MD-823 Olympic Bench

### FEATURES

- Multi-position pack pad adjusts for incline, decline and flat chest press exercises
- Sliding seat track adjusts and securely locks into position, properly placing the exerciser in the correct seating posture for bicep preacher curls and military shoulder press exercises
- Large diameter Akimbo style crutches with four press positions and one squat positions
- Chrome plated striker plates
- Accepts olympic size barbells
- Adjustable preacher curl pad and removable bicep bar for concentrated bicep curl exercises
- Total leg developer targets Quadricep, Hamstring and Glute muscles
- Rear walk in squat

### BENEFITS

- Target upper and lower body muscle groups
- Burn calories and loose weight
- Tone and define muscles
- Increase strength and stamina

### SPECS

- Large diameter tubular steel frame construction
- Durable powder coated finish
- Boxed upholstery with high density foam
- Contoured foam roller pads
- Two olympic weight plate storage posts and spring retaining weight plate clips
- Oversized bar and safety catches
- Max 300 lb. user weight capacity.  
max 300 lb. crutch support capacity

Manufacturer's 2 year limited warranty  
UPC 0-96362-99067-7

