



# 430BM Multi-Position Multi-Function Bench with Pec Fly, Leg Extension and Curl Attachments and Scott Bench

SKU: 430BM

Product Images





## Short Description

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If you're looking for a complete multi-position bench, you've come to the right place. Introducing the new Titanium Strength 430BM Multi-Function and Multi-Position Bench with Pec Fly Attachment, Leg Extension and Curl and Scott Bench - an incredible kit that transforms a bench into a true multi-function station!

With endless training possibilities, this bench offers the versatility you need to train your entire body. Work pecs, shoulders, biceps, triceps, quads, femoris... on a single machine. We know it's the best choice for people like you, who are looking for a variety of training stimuli.

Suitable for both home and semi-commercial use, this multifunctional weight bench has everything you need!

- Leg extension and lying leg curls build and develop the quads, hamstrings, glutes and hip flexors.
- The Pec Fly attachment strengthens and tones chest muscles.
- The Scott bench or preacher helps to really isolate the biceps to gain more muscle.
- The different flat, incline, decline and military positions allow you to work the muscles from different angles.

Isn't it amazing that you can have so many training options on a single bench?

Plus, a bench like this is a must-have to combine with other fitness machines, such as a rack or a Smith machine.

## Description

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### Why should you buy the Titanium Strength 430BM Multi-Position Multi-Function Bench with Pec Fly, Leg Extension and Curl Attachments and Scott Bench?

Because when you start adding accessories to a bench, it turns from a multi-position bench into a multi-gym. Thanks to the included accessories you can use it for both your upper and lower body training. Abs, chest, biceps, quads, hamstrings... There are endless exercises that can be performed on a weight bench like this one. However, if you want to use it individually with a rack or with a Smith machine, that's also possible.

DESIGNED TO MEET YOUR FITNESS GOALS

This multifunctional and durable bench comes with all the additional accessories for a complete workout. More functions, more adaptability to your training needs. Plus, it's easy to adjust to help personalise your workout - what more could you ask for from a weight bench?

#### ADJUSTABLE INCLINE AND DECLINE

This versatile and easy to adjust bench offers different levels of incline, flat and decline at -15° in the backrest, making it easy to find the right position for any exercise. Adjust the incline in seconds to target different parts of your chest, triceps and shoulders!

#### LEG EXTENSION AND LYING FEMORAL CURL ATTACHMENT

Build bigger, stronger, more defined legs with the integrated leg extension and femoral curl attachment. With this accessory you can develop your quadriceps and biceps femoris, as well as work on your hamstrings in an isolated and comfortable way. Both exercises serve to define the front and back of the leg and with them it is possible to strengthen knees, hamstrings, quads and glutes. Everyone who trains bodybuilding knows it: these are the ultimate leg exercises!

#### PEC FLY ACCESSORY

The Pec Fly accessory will allow you to work your pecs in isolation. It is an excellent alternative to dumbbell aperture, with the difference that with this accessory you will notice a high resistance at the top of the range of motion. When we do dumbbell perture, the resistance is greatest at the bottom of the movement, but as you get to the top, the dumbbells are much lighter and only focus on balancing the weight. Well, with the Pec Fly accessory you can maintain resistance and tension on the muscle throughout the movement for the best pump. This means you can target the inside of the chest. Also, like all lever exercises, by not having to stabilise the load, you can concentrate all your efforts on the pectoral muscles. It can be used in both horizontal and declined positions, allowing you to target different areas of the pectoral muscles. And if that wasn't enough, the lever arms can be used independently to work unilaterally.

#### SCOTT OR PREACHER BENCH

There's no doubt about it: the best way to isolate the biceps is to do preacher curls. With standing biceps curls, you can't isolate the biceps effectively because the front deltoids help. Thanks to the Scott bench attachment, you can do the tightest and most productive curl movement you can do to get huge biceps.

#### 550" MAXIMUM LOAD

Designed to support up to 550", this multi-functional bench is strong enough for both domestic and semi-commercial use. Maximum accessory load is 385". Super strong, super versatile!

About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training.

## Additional Information

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Use	Home, Semi Pro
Color	Black
Brand	Titanium Strength
Width cms.	30
Height cms.	60
Length cms.	109
Disc diameter (mm)	50 mm
Max Load (kg)	250 kg