

ADONIS SERIES



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Build a better body, one workout at a time

Complement your cardio routine with a sturdy, versatile weight bench and rack for freeweight and bodyweight exercises.



ADONIS+

Develop upper-body strength with the classic Adonis weight bench plus a 5-position adjustable rack with a 160 kg / 353 lbs training load.

ADONIS

A comfortable weight bench with a 7-position backrest and 2-position seat, Adonis is perfect for flat, incline and decline exercises.



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STRENGTH	ADONIS+ (Bench+Rack)	ADONIS (Bench)
FEATURES (BENCH)		
Frame Construction	100 x 50 mm x 1.8T Oval Tubing	100 x 50 mm x 1.8T Oval Tubing
Frame Color	Silver	Silver
Pad Color	Black	Black
Backrest Adjustment	7 Positions	7 Positions
Seat Adjustment	2 Positions	2 Positions
Transportation Wheels	Yes	Yes
Exercise Mode	Flat, Incline and Decline	Flat, Incline and Decline
TECH SPECS (BENCH)		
Dimensions (L x W x H)	141 x 66 x 129 cm / 56" x 26" x 51"	141 x 64.5 x 129 cm / 56" x 25" x 51"
Product Weight	19.5 kg / 43 lbs.	19.5 kg / 43 lbs.
User Weight Capacity	120 kg / 264 lbs.	120 kg / 264 lbs.
Max. Training Load	160 kg / 352 lbs.	160 kg / 352 lbs.
FEATURES (RACK)		
Frame Construction	76 x 1.5T Round Tubing	
Frame Color	Silver	
Rack Adjustment	5 Positions	
Barbell Weight Limits	80 kg / 176 lbs.	
Height of Barbell Rack	Highest: 128 cm / 50" Lowest: 92.7 cm / 36.5"	
Inner Rack Dimensions	91 cm / 35.8"	
Outer Rack Dimensions	105 cm / 41.3"	
TECH SPECS (RACK)		
Dimensions (L x W x H)	62 x 107 x 150 cm / 24" x 42" x 59"	
Product Weight	16 kg / 35 lbs.	
Max. Training Load	160 kg / 352 lbs.	