



Olympic Flat Bench

Keystone | VST700-FW78



Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

Tech Specs

Overall Dimensions	183 x 170.9 x 131.4 cm / 72.1" x 67.3" x 51.7"
Product Weight	85.1 kg / 187 lbs.
Max User Weight	150 kg / 330 lbs.
Max Training Weight	300 kg / 660 lbs.

User Amenities

Upholstery	Polyurethane molded foam
Weight-storage Horns	4 weight-storage horns for max 25-kg / 55-lb. plates
Inner Storage Horns	Optional 4 inner horns for extra weight-storage (VST700-FWSH)

User Amenities

Spotter Platform

Optional (VST700-FWSP)