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### Competitor 340 Weight Bench Manual

Page 1 Exploded Diagram Parts List Warranty Ordering Parts Model WM-343 Retain This Manual for Reference May 29, 2001 OWNER'S MANUAL COMPETITOR WM-343 BENCH IMPEX INC. 14777 Don Julian Rd., City of Industry, CA 91746 Tel: (800) 999-8899 Fax (626) 961-9966 www.impex-fitness.com info@impex-fitness.com...

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Competitor Combo Weight Benches. The Competitor weight bench is an ideal workout bench for beginners who are interested in taking their weight lifting to the next level. These weight benches come in both standard to accommodate standard-sized barbell and weight plates, as well as Olympic to accommodate Olympic-sized barbell and weight plates.

### Competitor Weight Bench, Olympic & Combo Bench | Marcy Pro

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Olympic and Standard Weight Benches: Before you make your purchase, decide if you want a weight bench and weight rack that meets Olympic or standard protocols. Olympic weight benches, like the Marcy MD-879 , can typically handle loads up to 300 pounds, while a standard set, like this Marcy Diamond Elite MD-389 , hold up to 200 pounds.

### **Weight Benches, Adjustable and Olympic Weight Benches ...**

The Competitor Weight Bench With 80-lbs Weight Set is ideal for beginner, intermediate and experienced weight lifters. Easily engage in any shoulder, chest, back and arm workout with the removable lat tower and the back pad that can be adjusted to an incline, a decline and a flat 180 degree angle.

### **Competitor Weight Bench With 80-Pound Weight Set - Walmart ...**

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II. Why would I want to buy this particular weight bench? This bench is highly durable. Its weight capacities are as follows: 250 pounds for the user, 200 pounds on the uprights, and 100 pounds on the leg developer. The 2'5" backrest of the seat adjusts to 4 different inclines, allowing the user to vary his or her exercises.

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Offering durable construction and remarkable comfort, the Competitor CB 339 Utility Bench is a perfect match for your free weight workout routines. The CB 339 is constructed with a quality heavy-duty square tube frame and features sturdy front and rear stabilizers. These provide a wide anti-tip base perfect for even heavy-duty training.

### **Amazon.com : Competitor CB 339 Multi Function Weight Bench ...**

have a competitor 343 weight bench? Does anyone have this weight bench? If so what kinda of bar do you use to bench? I Was given this weight bench and seem to have a hard time bench pressing. I have a straight bar I am having a hard time getting pass those white knobs that hold the bar in place and is it me or is the bench not wide...

### **have a competitor 343 weight bench? | Yahoo Answers**

The 1.25" x 1.25" heavy duty steel tube frame has a durable powder coat finish designed to withstand years of bench pressing. Weight bench exercises help to strengthen upper and lower body muscle ...

### **UNBOXING: Marcy Strength Bench And 80LB Weight Set #DawnofJusticeChallenge**

Used IMPEX home gym in very good condition. The seat back has a small tear in it and it needs two rubber bumpers where the weights go (\$3.00 each from Impex). Home gym with 2-by-2.75-inch heavy-duty tube frame and 150-pound weight stack Upright bench with innovative press arm design that converts to v ...

