

### **What is a decline Bench ?**

A decline bench press elevates the pelvis and lowers the head, and works the lower portion of the chest and deltoid.<sup>[2]</sup> This is called a **decline press** or **decline bench press**.

#### **Decline Bench - Model LB/104**



**Fixed decline bench , together with rollers for hip support thus ensuring more concentration for the pectoral press.**

**Legend Industrial Gym Equipment Port Elizabeth.**

- **Solid structural design**
- **60 mm by 2.5mm structural tubing.**
- **Weight stacks**
- **All popular designs**
- **Customized designs and requests welcomed.**
- **High density foam padding**

- **Powder coating or spray painted finishes.**

#### **Our Contact Details:**

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**Delivery anywhere in South Africa.**

**[Decline Bench – Model LB/104 – Manufactured by Legend Gym Equipment](#)**

#### **To Order:**

Please enter your contact details:

Fields marked with an asterisk must be filled in.

#### **1. Your billing/contact details**

First Name \* :

Last Name \* :

Address \* :

City \* :

Country \* :

Postal Code:

Phone \* :

Email \* :

**Please Email completed form to [desbatty@gmail.com](mailto:desbatty@gmail.com)**