



| **FITBENCH<sup>®</sup>**



**FITBENCH®**  
— ONE —

**Market consumer:**  
HIIT workouts, group training

**Included with the ONE:**  
6 sets of dumbbells  
1 slam ball  
2 kettlebells  
3 sets of FITBANDS

**Dimensions (LxWxH):**  
118 x 43 x 51 cm

At FITBENCH® we believe that fast-paced, HIIT workouts get results quicker. Leading the market with its neatly designed structure, the FITBENCH® ONE allows for quick transitions, and is a safe functional training station that comes with and encloses everything a high intensity workout would need. As our flagship model, the ONE is our best-seller.

	FITBENCH® ONE	ACCESSORIES' WARRANTY
Unit Weight	225 lb bench + 275 lb weights (100 kg bench + 125 kg weights)	-
Width	43 cm (17")	-
Length	118 cm (46.5")	-
Height	51 cm (20")	-
Construction	12 gauge, cold-rolled steel	-
Engaging third wheel for portability	■	-
Anchor points for FITBANDS®	14	-
Super durable, polyurethane foam-injected top	■	-
Soft-closing, inclining top	8 Positions	-
FITROPE™ (not included)	Battle Rope 4 cm x 9 m (1.5" x 30') 21 lbs (10 kg)	1 year
FITBANDS®	Snap-proof with nylon cover (light, medium, & heavy)	6 months
6 commercial grade and custom-designed FITBENCH® hexagon dumbbells	5, 10, 15, 20, 25, & 30 lb (2, 4, 7, 10, 12, & 14 kg)	1 year
2 commercial kettlebells	18 & 30 lbs (8 & 14 kg)	1 year
1 commercial slam ball	15 lbs (7 kg)	6 months
Storage	■	-
Cell phone compartment	■	-
White numbers on dumbbells	■	-
FITBENCH® limited warranty	10 years	-

Specifications subject to change without written notice.  
Warranties outside the U.S. may vary - please contact your FITBENCH for details.



# FITBENCH<sup>®</sup>

— O N E —





**FITBENCH**  
— S T U D I O —

**Market consumer:**  
Boutique studios, class environments

**Included with the STUDIO:**  
4 sets of dumbbells  
1 slam ball  
1 kettlebells  
3 sets of FITBANDS

**Dimensions (LxWxH):**  
118 x 38 x 39 cm

At FITBENCH® we believe in superior quality fitness tools re-invented to make training more efficient. Leading the industry with its neatly designed structure, the FITBENCH® STUDIO is a smaller version of the FITBENCH® ONE offering a lower step height, narrower benchtop, and even more storage capabilities. The FITBENCH® STUDIO allows for safe and efficient transitions, and it includes all the fitness tools needed to crush any high- intensity workout.

	FITBENCH® STUDIO	ACCESSORIES' WARRANTY
Unit weight	200 lb bench + 152 lb weights (90 kg bench + 70 kg weights)	-
Width	38 cm (15")	-
Length	118 cm (46.5")	-
Height	39 cm (15.5")	-
Construction	12 gauge cold-rolled steel	-
Anchor points for FITBANDS®	11	-
Extra storage slot down middle of the FITBENCH STUDIO for accessories	▪	-
Engaging third wheel for portability	▪	-
Soft-closing, inclining top	8 positions	-
Super durable, polyurethane foam-injected top	▪	-
4 commercial grade and custom-designed FITBENCH® hexagon dumbbells	10, 15, 20, & 25 lb (4, 7, 10, & 12 kg)	1 year
FITBANDS®	Snap-proof with nylon cover (light, medium, & heavy)	6 months
1 commercial slam ball	12 lbs (5 kg)6	months
1 commercial kettlebell	18 lbs (8 kg)1	year
Cell phone compartment	▪	-
White numbers on dumbbells	▪	-
FITBENCH® limited warranty	10 years	-

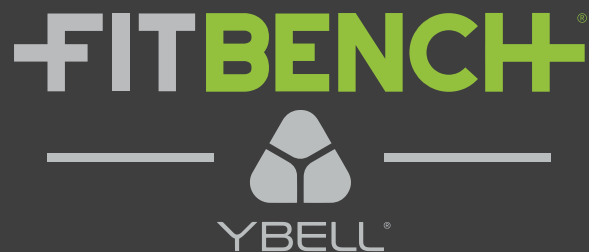
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# FITBENCH<sup>®</sup>

— S T U D I O —







**Market consumer:**  
Equipment for everybody

**Included with the YBell:**  
5 YBell NEO Sets  
3 sets of FITBANDS®

**Dimensions (LxWxH):**  
118 x 38 x 39 cm

At FITBENCH® we believe in the power of innovation and partnerships. Combining Ybell Fitness® and FITBENCH®, we have created a smart solution to storing the YBells with our bench design. The FITBENCH® Y fits five sets of YBells, which are four-in-one training tools (dumbbell, kettlebell, double-grip med ball, and push-up stand), neatly into one of our patented design.

	FITBENCH® Y	ACCESORIES' WARRANTY
Unit weight	200 lb bench + 180lb weights (90 kg bench + 82 kg weights)	-
Width	38 cm (15")	
Length	118 cm (46.5")	
Height	39 cm (15.5")	
Construction	12 gauge cold-rolled steel	-
Engaging third wheel for portability	■	-
Anchor points for FITBANDS®	11	-
Intuitive YBell shelf with YBell sizing numbering system	■	-
Soft-closing, inclining top	8 positions	-
Super durable, polyurethane foam-injected top	■	
Five sets of commercial-grade YBells (XS - XL)	9.5, 14.3, 17.6, 22, & 26.4 lb (4.3, 6.5, 8, 10, & 12 kg)	1 year
FITBANDS®	Snap-proof with nylon cover light, medium, & heavy	1 year
Cell phone compartment	■	-
FITBENCH® limited warranty	10 years	-

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# FITBENCH<sup>®</sup>



39 cm

118 cm

# SHOWROOM LOCATIONS

## **VIC/TAS/SA**

50 Dunlop Road  
Mulgrave VIC 3170

TELEPHONE 1800 689 622  
MAIN FAX (03) 9574 7699  
SERVICE FAX (03) 9574 7366

## **NSW/ACT**

Unit 5/358 Eastern Valley Way  
Chatswood NSW 2067

TELEPHONE 1800 689 622  
MAIN FAX (02) 9417 0079  
SERVICE FAX (02) 9417 7459

## **NT/QLD**

228 Robinson Road East  
Geebung QLD 4034

TELEPHONE 1800 689 622  
MAIN FAX (07) 3623 6501  
SERVICE FAX (07) 3623 6502

## **WA - gymcare**

21 McDonald Cres  
Bassendean WA 6054

TELEPHONE (08) 9379 1888  
MAIN FAX (08) 9379 1777

**ENQUIRY@LIFEFITNESS.COM.AU | [WWW.LIFEFITNESS.COM.AU/FITBENCH](http://WWW.LIFEFITNESS.COM.AU/FITBENCH)**

| **FITBENCH®**