

ADJUSTABLE DECLINE BENCH

FW-ADB

**HAMMER
STRENGTH**



Athlete Credit: Riley Moss

DESCRIPTION

Serious training demands the right angles. The Hammer Strength Adjustable Decline Bench delivers an effective way to train pressing and core movements at multiple decline angles. With a simple lever adjustment, athletes can switch from a -10° decline to a steeper -25° decline—eliminating the need for makeshift modifications like stacking plates under the bench.

Built for stability and performance, this bench ensures a secure setup for heavy lifts and powerful core work, making it a must-have for any serious training space.

EXERCISES

- Decline Dumbbell Press
- Decline Chest Fly
- Decline Sit-Ups
- Russian Twists
- Decline Leg Raises
- Decline Pullovers

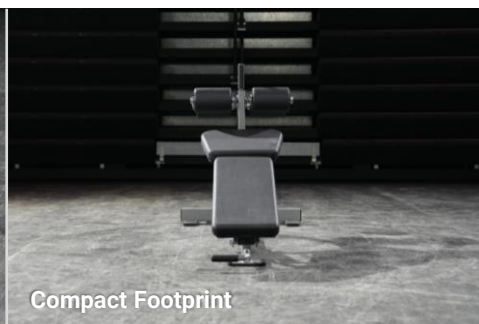
SPECS / VIDEO



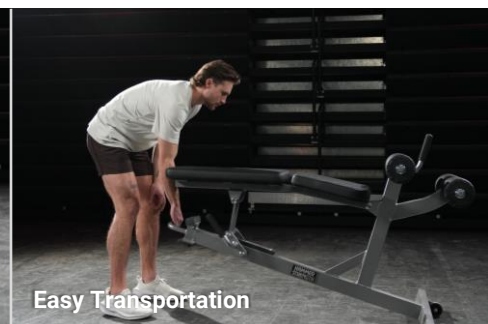
FEATURES



Adjustable Back Pad



Compact Footprint



Easy Transportation