



Adjustable Bench

Keystone | VST600-FW82

Serve a wide range of strength training needs focused on major upper-body muscle groups with our ultra-durable, six-position Adjustable Bench. It's easy to adjust, easy to transport and provides excellent stability for beginners and seasoned lifters alike. It's also built for the toughest environments, so you can be sure that it will look good and stay in use for years to come.

Product availability may vary by region. Please contact your [local office](#) for more information.



Tech Specs

| | |
|---------------------|--------------------------------------|
| Max Training Weight | 200 kg / 440 lbs. |
| Overall Dimensions | 135 x 70 x 51 cm / 53" x 27.5" x 20" |
| Max User Weight | 100 kg / 220 lbs. |
| Product Weight | 42 kg / 92.6 lbs. |
| Frame | |
| Frame Finish | Proprietary two-coat powder process |