



## Flat Bench

Keystone | VST700-FW59

Bring our Flat Bench to your fitness facility to help dedicated strength training enthusiasts take on a wide variety of exercises using free weights. It's been tested to withstand hard use in tough environments, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.

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



### Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

### Tech Specs

Overall Dimensions	133 x 83.8 x 43.2 cm / 52.4" x 33" x 17"
Product Weight	25 kg / 55 lbs.
Max User Weight	150 kg / 330 lbs.
Max Training Weight	300 kg / 660 lbs.

User Amenities

Upholstery

Polyurethane molded foam