



Bench GHD for Cross Training by O'Live Fitness

The fitness revolution begins with the **Bench GHD** from **O'Live Fitness**. Designed to provide unparalleled stability, this bench becomes your essential tool for strengthening your core, hamstrings and glutes. Immerse yourself in an unparalleled exercise experience with our state-of-the-art **GHD Cross Training Bench**.

Product description:

Unmatched Stability

Experience an unmatched level of stability during your workouts. The bench's sized design, along with feet equipped with rubber pads, ensure solid support with every movement.

Customized Fit

This bench adapts to your needs. It adjusts the position both vertically and horizontally quickly and easily, allowing you to customize the distance according to your preferences and training goals.

High Density Cushioning

Immerse yourself in comfort with our voluminous high-density foam padding. Every workout becomes an ergonomic experience that maximizes your performance.

Integral Core Approach

Empower your core with a tool designed to improve stabilization. Get effective, long-lasting results with every repetition.

Effective Strengthening

Give your hamstrings and glutes the attention they

deserve. These **benches** offer the perfect platform to strengthen and tone these key areas.

Reference: EN51500.01
EAN13: 8436603750257
UPC: -
