

# Excellent Condition York Weights Bench and Weights (60 GBP)



Location

West Midlands, West Midlands

<https://www.freeadsz.co.uk/x-446333-z>


Hardly used York 500 Weight Bench including weights all in excellent good condition. I am including the dumb bell bars x 2 and weight lifting bar x1 and the vinyl plates, 1.1 kg x 6, 2.3kg x 6, 4.5kg x 6. No offers please as this is in good condition!

- The bench can be folded up for easy storage, Vinyl weights don't clang together so are much quieter to use
- Assortment of large to smaller weight plates allow you to take full advantage of the barbell and dumbbells to focus on both larger and smaller muscle groups
- Ideal set to combine with a weight bench and for bulking up, can work chest, arms, shoulders, back, abs and legs with or without a bench
- Can deliver at extra cost in

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