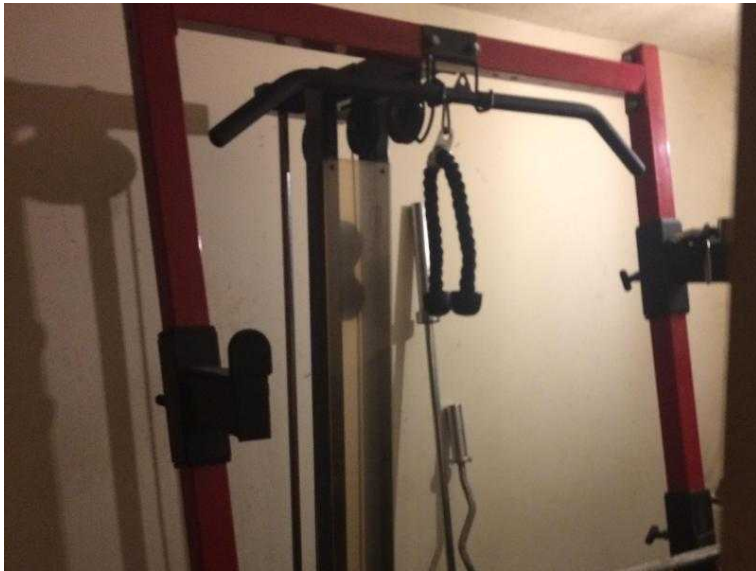


# Powertec weight bench and rack and olyimpic weights (350 GBP)



Location **Yorkshire and the Humber, North Humberside**  
<https://www.freeadsz.co.uk/x-513451-z>

Powertec bench and frame rack with Olympic weights (with curl bar and 6ft and 7ft bar and attachments ect)

Here are some links to my setup on this fitness superstore website so you can read em for info about what can be done on the setup ect or the pictures on the website might give you better idea the only difference is the rack attaches to the bench on my setup if wanted. I bought the lat tower about 6 months after the bench and rack the bench and rack I bought together. There is 2 olyimpic weight bars one 6ft one 7ft a olyimpic curl bar olyimpic York weight plates, Powertec bench

Leg up attachment

Lat tower

Workbench rack

20kg x2

15kg x2

10kg x2

5kg x2

2.5kg x2

Quick release spring stops and heavy duty metal ones

2 olyimpic weight bars 6ft+7ft

1 olyimpic curl bar

2 olyimpic dumbbell bars

Triceps rope pull down attachment

Straight bar attachment

5ft and 7ft bar and attachments

Lat tower and chin up bar and POOLY BENCH

<https://www.fitness-superstore.co.uk/power-plates-workbench-olympic-plates-3.html>

OLYMPIC WEIGHT LOADING

<http://www.fitness-superstore.co.uk/powertec-lat-tower-option-olympic-plate-loading-1.html>

WORKBENCH RACK

<http://www.fitness-superstore.co.uk/top-fitness-brands/powertec/gym-equipment/power-plates-racks/multi-press-rack-viewall-1&p=1>

In good condition any questions message me. I have tried taking a good few pictures as well to try show everything. Its a decent heavy duty setup



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