

# POWER LIFT®

## 3 x 3 "LEVER ACTION" BENCH

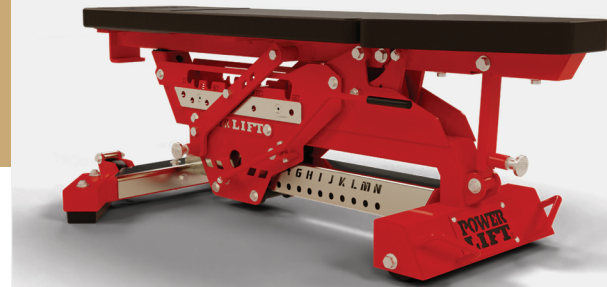
### SPECIFICATION SHEET

#### PRODUCT OVERVIEW:

Power Lift's 3 x 3 "Lever Action" Bench is designed to lock into Power Lift rack stations so that the user is centered under the bar for pressing movements. The bench can also be used in the dumbbell area. When locked into the rack station, the 3x3 bench provides 14 linear adjustments to allow for proper positioning of the bench inside the rack. In addition to the linear adjustment positions, the 3x3 bench adjusts 0-80 degrees; adjustment angles include 0, 15, 30, 45, 60, and 80. Power Lift's patented linkage system simultaneously adjusts the seat pad as the back pad angle is adjusted, this minimizes the gap between the back and seat pad, a second seat angle option is also possible. Movement is aided by two ergonomic handles located on the front of the bench and oversized thermo-cushion wheels, providing protection to flooring surfaces during movement. The bench can be stored vertically when not in use and offers two areas for custom laser cut logos for branding.

#### KEY FEATURES:

- Bench can store vertically inside rack station
- 14 linear adjustments to allow for proper positioning of bench inside Power Lift Rack stations aided by black Delrin rollers and durable, high capacity, ball bearings
  - Roller material is a semi-crystalline that has high tensile strength, low friction and exceptional resistance to warping, wear, chemicals and moisture
- Locks into Power Lift Rack Stations
- Roller tube, lock-in cover, and lock-in bar are a nickel plated finish for protection
- Ergonomic dual handles located on front of bench to aid in movement and vertical storage
- Laser Cut Logos are available on front of bench and on underside, underside logo is visible when bench is stored vertically
- Laser Cut stainless steel Power Lift long logos on sides
- Adjusts from flat to upright in 6 adjustment angles – 0, 15, 30, 45, 60, & 80 degree
  - Adjustment angles are laser cut into bench side plate
  - Cast and machined aluminum pull pin knobs for back and seat pad adjustment
- Extended seat pad is standard and was designed to accommodate larger/taller users when in the flat position
- Patented linkage system simultaneously adjusts seat pad as the back pad is adjusted
  - Minimizes gap between the back and seat pad
  - 1 additional seat pad angle is possible as well using manual adjustment
- Non-Marking Urethane footpads
- Oversized thermo-cushion, non-marking, quiet wheels on bench rear
- Wide thermo-cushion, non-marking, quiet wheels on bench front



#### PART NUMBER:

43600B

#### OVERALL DIMENSIONS:

17 3/4" (H) x 30 1/2" (W) x 63 1/4" (Extended) x 53 1/4" (L)  
133 lbs. (Weight)

#### WARRANTY:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

#### STANDARD FRAME OPTIONS:



#### STANDARD UPHOLSTERY OPTIONS:



\* Custom colors available for an additional fee. Used for Reference Purposes only - Digital Colors Vary. Power Lift uses premium high quality Powder Coat Paint and Upholstery.