



# FINER FORM Multi-Functional Weight Bench for Full All-in-One

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[https://mo-stlouis.countybuyselltrade.com/sporting-goods/finer-form-multi-functional-weight-bench-for-full-all-in-one-body-workout\\_st-louis\\_2760](https://mo-stlouis.countybuyselltrade.com/sporting-goods/finer-form-multi-functional-weight-bench-for-full-all-in-one-body-workout_st-louis_2760)

Address:

West Pine Blvd, Central West End, St. Louis

Price:

80.00 \$

## ALL-IN-ONE

Use it as an adjustable sit-up bench to strengthen your abs and oblique muscles.  
Grab some dumbbells and use it as a flat bench for flies and chest presses.  
Use it as a decline bench to work your lower back, hamstrings and core.  
Or do some hyper extensions as if you were using a roman chair.



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