

## Other Commercial Benches



York's traditional-style ab bench from their light-commercial FTS range. York's sit-up bench is adjustable.

Price: £129.99

<http://www.gymratz.co.uk/york-fts-sit-up-board>



York FTS Seated Preacher bench light-commercial use. Not to be confused with York Fitness home gym equipment - you know we (GymRatZ) wouldn't sell that!

Price: £208.33

<http://www.gymratz.co.uk/york-fts-seated-preacher-curl>



Another item made to specification for London Irish R.F.C. which has since been ordered by many other rugby clubs, the GymRatZ Laying Bench Row/ Prone Bench.

Price: £640.00

<http://www.gymratz.co.uk/gymratz-laying-bench-row>



The Plyometric Boxes come in a set of 4

Sizes: 12? 18? 24? 30?

Price: £345.00

<http://www.gymratz.co.uk/plyometric-boxes-set-of-4>



This Wooden Plyometric box is the ultimate space saver, it can be tilted which means it has three different heights. This product is essentially three boxes in one!

Price: £127.50

<http://www.gymratz.co.uk/wooden-3in1-plyometric-box>



The UK's first Glute Ham Bench, the GymRatZ Glute Ham Bench was made to spec. for London Irish R.F.C. has has been made for many more top flight rugby clubs since.

Price: £1,060.00

<http://www.gymratz.co.uk/gymratz-glute-ham-bench>



Tough and comfortable GymRatZ 45 Degree Hyper Extension Bench for full commercial gyms. Adjustable rollers make it suitable for users of varying heights.

Price: £490.00

<http://www.gymratz.co.uk/gymratz-45-degree-hyper-extension>



Tough and comfortable GymRatZ Stub Bench for full commercial gyms. Rollers and thick pad make it both comfortable and durable. Great for decline dumbbell press e

Price: £645.00

<http://www.gymratz.co.uk/gymratz-stub-bench>



Often overlooked shoulder press bench, the GymRatZ Free Standing Shoulder Press Bench is great for dumbbell work or placing within a smith machine or power rack for barbell shoulder press.

Price: £355.00

<http://www.gymratz.co.uk/gymratz-shoulder-press-bench>



GymRatZ one-piece framework Flat Bench. Ideal for the heavy-duty full commercial gym.

Price: £395.00

<http://www.gymratz.co.uk/gymratz-flat-bench>



Full commercial Preacher Curl Bench for use in the toughest of freeweighted gyms. The GymRatZ Preacher Curl Bench has thick durable upholstery and zinc plated contact points.

Price: £720.00

<http://www.gymratz.co.uk/gymratz-preacher-curl-bench>



You don't see many of these around!!! Standing Preacher Curl Bench from GymRatZ Commercial Gym Equipment. Add another dimension to your bicep training with the GymRatZ Standing Preacher Curl Bench.

Price: £535.00

<http://www.gymratz.co.uk/gymratz-standing-preacher-curl-bench>



Heavy-duty dip/knee raise station for freeweighted gyms. Dual-use station ideal for weighted dips (with dipping belt) or strict hip flexion.

Price: £820.00

<http://www.gymratz.co.uk/gymratz-dip-knee-raise>



Heavy-duty Chin, Dip & Knee Raise Station for longevity in any training environment. Also suitable for hardcore freeweights gym wanting to perform dips and chins weighted.

Price: £1,120.00

<http://www.gymratz.co.uk/gymratz-chin-dip-knee-raise>



The improvements of the Deluxe version of the Reverse Hyper Extension Bench, over our regular version can be seen in the video. The more elite environments favouring specialist equipment such as Glute Ham Bench, GRowler, Power Runner, Iso Machine's etc. have opted for the superb beefed up....

Price from £1,945.00

<http://www.gymratz.co.uk/gymratz-professional-reverse-hyper-extension-bench>



This 450mm x 450mm (top) squat box can adjust from 320mm to 450mm in height making it adjustable for everyone. Made of heavy gauge steel to ensure maximal loads - designed to take up to 1000kg.

Price: £375.00

<http://www.gymratz.co.uk/gymratz-squat-box>



Extended thigh pads with overlapping right-angle padding, make the Professional Hyper Extension Bench more comfortable for use with weight. A particular favourite of customers is using the Professional Hyper Extension Bench with the GymRatZ Safety Squat Bar to perform weighted hyper extensions

Price: £985.00

<http://www.gymratz.co.uk/gymratz-professional-hyper-extension-bench>



With many rugby clubs wanting to benefit from the excellent equipment we make, such as the Prowler and Glute Ham Bench, but not having the facilities of the top-level clubs to house them, we've been making a few alternative options. This far smaller glute ham raise, measuring only 50cm wide by

Price: £420.00

<http://www.gymratz.co.uk/gymratz-portable-glute-ham-raise>



Superb for performing deep deadlifts or stiff-legged deadlifts, the deadlift platform allows you to achieve a greater stretch by performing the full range of the movement - 'till the bar touches your toes.

Price: £510.00

<http://www.gymratz.co.uk/gymratz-deadlift-platform>



Solidly constructed free standing gym flat bench for general-use within a rack or dumbbell area. Made for heavy commercial use.

Price: £289.00

<http://www.gymratz.co.uk/gq-flat-bench>



Solidly constructed commercial adjustable decline gym flat bench for general-use within a rack or dumbbell area. Made for heavy decline commercial use.

Price: £589.00

<http://www.gymratz.co.uk/gq-adjustable-decline-bench>



45 degree angled bench for performing hyper extensions with thick cushion padding rollers and adjustable thigh support.

Price: £589.00

<http://www.gymratz.co.uk/gq-45-degree-hyper-extension-bench>



Multi-adjustable Lying Bench Row/ Prone Bench. Adjusts either end for varying row positions as well as allowing knee pad adjustment (for comfort).

Price: £889.00

<http://www.gymratz.co.uk/gq-lying-bench-row>



With an open frame and grippy foot-plate for easy access, the dipping frame's ideal in any gym. The angled bars (narrow to wide) for varying width use and the fat-bar grip provides comfortable dipping.

Price: £395.00

<http://www.gymratz.co.uk/gq-dipping-frame>



Since GymRatZ introduced the Glute Ham Bench to the UK (see: GymRatZ Glute Ham Bench) for top sports clubs and organisations, many companies now offer a version of this fabulous machine, including Exigo. This Exigo offering is well made and comfortable to use (just what you want really!) and

RRP: £975.00

**Our Price: £744.00**

You Save: £231.00 - 24 % Discount

<http://www.gymratz.co.uk/gq-glute-ham-bench>



The EXIGO GQ Adjustable Bench has 7 positions - ranging from 13 degrees decline to 80 degrees incline. For me (Matt writing), it's difficult to class benches like these as decline. Yes, they are able to decline, but, with no leg brace, it's awkward. Subsequently, I suggest the GQ Adjustable

**Price: £419.00**

<http://www.gymratz.co.uk/gq-adjustable-bench>



Space-saving design chin/ dip/ knee raise from Exigo Ideal in a light commercial gym alongside other Exigo gym equipment, but, personally, I (Matt) would favour the sturdier build of the GymRatZ Chin/Dip/Knee Raise for a full commercial gym.

**Price: £789.00**

<http://www.gymratz.co.uk/gq-chin-dip-knee-raise>



Basic-in-design and well-built seated preacher for full commercial use. Works well in a gym alongside other Exigo stations, or other modern-looking stations with oval tubing. Remember, we can custom-colour your Exigo kit to match existing equipment. Please call or email with your

**Price: £519.00**

<http://www.gymratz.co.uk/gq-seated-preacher>





Thickly upholstered Exigo ab bench for full commercial gym use.

Price: £369.00

<http://www.gymratz.co.uk/gq-abdominal-bench>



York STS Flat Bench is full commercial product designed to be used with the whole of the York STS commercial range of gym equipment.

Price: £165.83

<http://www.gymratz.co.uk/sts-flat-bench>



York STS Seated Preacher Curl Bench is rated as a commercial product designed to perfectly match up with the full range of STS lifting and safety racks and cages. While not quite being the equivalent of our fully fabricated GymRatZ range it is.....

Price: £379.54

<http://www.gymratz.co.uk/sts-seated-preacher-curl-bench>



Fully-adjustable heavy-duty commercial use sit-up bench to perform abdominal work in comfort. You'll note that the leg brace is higher set than that of an adjustable/ FID (flat/ incline/ decline) bench.

Price £789.00

<http://www.gymratz.co.uk/gq-adjustable-sit-up-bench>



The Impulse line Glute/Ham Bench - A favourite exercise for rugby players the Glute/Ham bench is a must have station in todays' forward thinking strength and conditioning gym. Fortunately our Barbarian Sterling range of light to Medium duty commercial gym equipment brings the reality closer...

Price: £1,190.00

<http://www.gymratz.co.uk/impulse-stirling-glute-ham-bench>



York STS Glute/Ham Bench is commercial product designed to be used with the whole of the York STS commercial range of gym equipment.

Price: £731.40

<http://www.gymratz.co.uk/sts-glute-ham-bench>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £770.00

<http://www.gymratz.co.uk/soft-plyometric-boxes-set-of-4>



An extremely nice priced piece of equipment that allows reverse hyper extended exercise benefits. This massively heavy duty product provides a sturdy base for lower back, glute and hamstring training. The power rack reverse hyper extension will give users a rock solid lower body.

Price: £475.00

<http://www.gymratz.co.uk/pr-reverse-hyper-extension>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £125.00

<http://www.gymratz.co.uk/soft-plyometric-box-6>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £165.00

<http://www.gymratz.co.uk/soft-plyometric-box-12>





These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £215.00

<http://www.gymratz.co.uk/soft-plyometric-box-18>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £265.00

<http://www.gymratz.co.uk/soft-plyometric-box-24>



GymRatZ Core Gym Equipment Flat Bench - New range for 2017 sees more Core Gym items added. Made in England and fabricated to meet design, strength and quality we demand from the commercial gym equipment we sell. Our Core Flat Bench is right there, but with much quicker lead-times than

Price £345.00

<http://www.gymratz.co.uk/gymratz-core-gym-flat-bench>



GymRatZ Core Gym Equipment Dipping Frame - New range for 2017 sees more Core Gym items added. Made in England and fabricated to meet design, strength and quality we demand from the commercial gym equipment we sell. Our Core Dip Frame is tough and built to last a lifetime of the most intense Gym use

Price £450.00

<http://www.gymratz.co.uk/gymratz-core-gym-dip-frame>



Jordan 3 in 1 soft plyometric box with official crossfit dimensions and made from a high density impact absorbing foam which eases shock on knees, hips and ankles. Covered in a hard wearing non-slip vinyl.

Price: £198.00

<http://www.gymratz.co.uk/3-in-1-soft-plyo-box>



Full Commercial Sissy Squat Platform/bench made by Jordan Fitness to meet the demands of any commercial gym.

Sissy Squat is a great exercise for targeting the quadriceps an. Similar motion to a hack-squat but taking up no more space than a diningroom chair. Easy to move and made with high-grade pads

Price £550.00

<http://www.gymratz.co.uk/jordan-sissy-squat>



New for 2020 the GymRatz Core Sissy Squat is a new sissy squat bench that's been added to the Core Gym Range along with many other items. Unfortunately at the moment we only have the price but as soon as we have more information we'll update the page.

Price £550.00

<http://www.gymratz.co.uk/gymratz-core-gym-sissy-squat>



New for 2020 - the Core Gym Heavy Duty Seated Preacher Curl Bench. A simple design made to withstand the toughest of training environments and a great addition to the Core Gym Equipment Range.

RRP from: ~~£660.00~~

**Our Price £575.00**

You Save: £85.00 - 13 % Discount

<http://www.gymratz.co.uk/gymratz-core-gym-preacher-bench>

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