

# COMMERCIAL BENCHES

## BUYER'S GUIDE

### WHAT TO KNOW BEFORE YOU BUY.

The right bench is the foundation of a strong training space. Commercial benches should deliver stability, durability, and versatility to support every user and every workout—year after year.



#### ADJUSTABLE BENCH

Versatile and compact for a wide range of exercises.



#### FLAT / INCLINE BENCH

Heavy-duty performance with multiple angle settings.



#### DECLINE / AB BENCH

Purpose-built for core and decline training.

### WHY QUALITY BENCHES MATTER



#### SAFETY & STABILITY

Solid construction and stable bases help prevent wobble and reduce risk.



#### PERFORMANCE

Proper support and adjustability improve form and training results.



#### DURABILITY

Built to withstand heavy daily use in high-traffic commercial environments.



#### MEMBER SATISFACTION

Comfortable, reliable equipment keeps members coming back.



#### SMART INVESTMENT

Quality benches require less maintenance and deliver long-term value.

### KEY CONSIDERATIONS WHEN CHOOSING COMMERCIAL BENCHES

#### WEIGHT CAPACITY & STRENGTH



- Look for 700–1500+ lb weight capacity
- Heavy-gauge steel frames for maximum strength and safety

#### ADJUSTABILITY & VERSATILITY



- Multiple back pad positions (flat to incline)
- Seat adjustments and ladder systems increase exercise options

#### PAD COMFORT & QUALITY



- Thick, high-density foam for support
- Durable upholstery that resists tearing and sweat

#### STABILITY & FOOTPRINT



- Wide bases and non-slip feet for rock-solid stability
- Consider footprint and clearance requirements

#### MOBILITY & HANDLING



- Transport wheels and handles for easy repositioning
- Built-in handles help with lifting and movement

#### COMPATIBILITY & WARRANTY



- Ensure compatibility with racks and attachments
- Backed by strong commercial warranties

### TYPES OF COMMERCIAL BENCHES

#### ADJUSTABLE BENCH



- Multiple back pad angles
- Compact footprint
- Ideal for dumbbell exercises
- Great all-around versatility

**BEST FOR:**  
General fitness areas, dumbbell training, and space-efficient facilities.

#### FLAT / INCLINE BENCH



- Flat to incline positions
- Heavy-duty construction
- Stable and strong for heavy lifts
- Great for pressing and dumbbell work

**BEST FOR:**  
Strength training, pressing movements, and high-traffic environments.

#### DECLINE / AB BENCH



- Decline positioning for core and ab work
- Padded rollers for stability
- Compact and purpose-built
- Easy adjustments

**BEST FOR:**  
Core training, decline exercises, and facilities needing specialty bench options.

### BEFORE YOU BUY

- ☐ Define your facility type and user needs
- ☐ Determine your budget and priorities
- ☐ Check weight capacity and build quality
- ☐ Review adjustability and exercise range
- ☐ Measure your space and layout
- ☐ Consider storage and transport needs
- ☐ Verify upholstery durability and pad size
- ☐ Ensure compatibility with racks/accessories
- ☐ Review warranty coverage and support
- ☐ Compare total cost of ownership



### FEATURED BENCHES



#### ADJUSTABLE BENCH

Compact, versatile, and built tough. Multiple back pad positions for a wide variety of workouts.

#### FLAT / INCLINE BENCH

Heavy-duty performance with multiple angles. Ideal for pressing movements and strength training.

#### DECLINE / AB BENCH

Purpose-built for core development and decline exercises. Comfortable and stable support.

### BENCH FEATURES THAT MATTER



#### HEAVY-DUTY STEEL FRAME

11- or 7-gauge steel frames with quality welds for maximum strength.



#### THICK PADDING

2.5"–4" high-density foam provides comfort and maintains shape over time.



#### QUALITY UPHOLSTERY

Commercial-grade vinyl resists wear, sweat, and abrasions. Easy to clean and maintain.



#### LADDER ADJUSTMENT

Quick, secure adjustments with minimal wobble or play.



#### WHEELS & HANDLES

Built-in wheels and front handles make moving benches simple and safe.



#### RUBBER FEET

Non-slip rubber feet protect flooring and keep benches firmly in place.



### THE DEPOT RULE

#### QUALITY EQUIPMENT. STRONGER FACILITIES.

Invest in benches that are built to perform, built to last, and built for your members. Stronger facilities start with smart decisions.

**BUILD SMART. BUILD STRONG. BUILD ON THE RIGHT FOUNDATION.**



### NEED HELP SPEC'ING YOUR SPACE?

Send us your room dimensions, user population and goals. We'll help you choose the right benches for your facility and budget.

**WE'RE HERE TO HELP YOU BUILD IT RIGHT.**