

BRIDGE BENCH

G216



The BodyKore Bridge Bench is purpose-built for glute bridge and hip thrust exercises, offering optimal support and comfort for the upper back. Its swiveling back pad moves with the body through each rep, ensuring smooth, controlled motion while lifting with a barbell or smith machine. Designed to maximize glute activation and reduce strain on the spine, it's ideal for athletes, strength training, and lower-body development. A must-have for any gym focused on performance and results.



Dimensions
32" x 25" x 23"

Weight
70lb

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Warranty	
STRENGTH WARRANTY (NORTH AMERICA ONLY)	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



Wide Pad
For comfortability.



Rubber Feet
To prevent sliding.



Wheels
For easy transport.



Handle
For easy transport.