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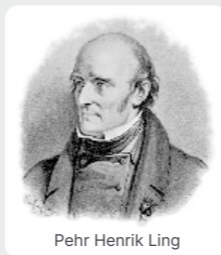
BenchK[®]
 lift yourself

HISTORY

Gymnastic ladder - probably the most universal sport item in the world, was invented in Sweden where it is called „ribbstol”, which literally means „a frame with crosspieces”.

The Swedish ladder became the basis for a gymnastic system developed by Pehr Henrik Ling (1776-1839).

The poet, playwright and fencing teacher, Ling wished to create a physical preparation system that would contribute to the upbringing of a harmonious personality. As a staunch patriot, Ling hoped that his system would help Swedes regain strength and the will of their ancestors to restore the country's former military glory. In 1813, with the permission of Swedish king Charles XIII, Ling founded the Central Gymnastics Institute in Stockholm, the first university in Sweden which specialized in educating Physical Education teachers for the army and schools. After Ling's death, his son Hjalmar continued with Swedish gymnastics and its famous attributes: the gymnastic ladder, the balance beam and the bench. Thanks to him, they became popular all over the world.



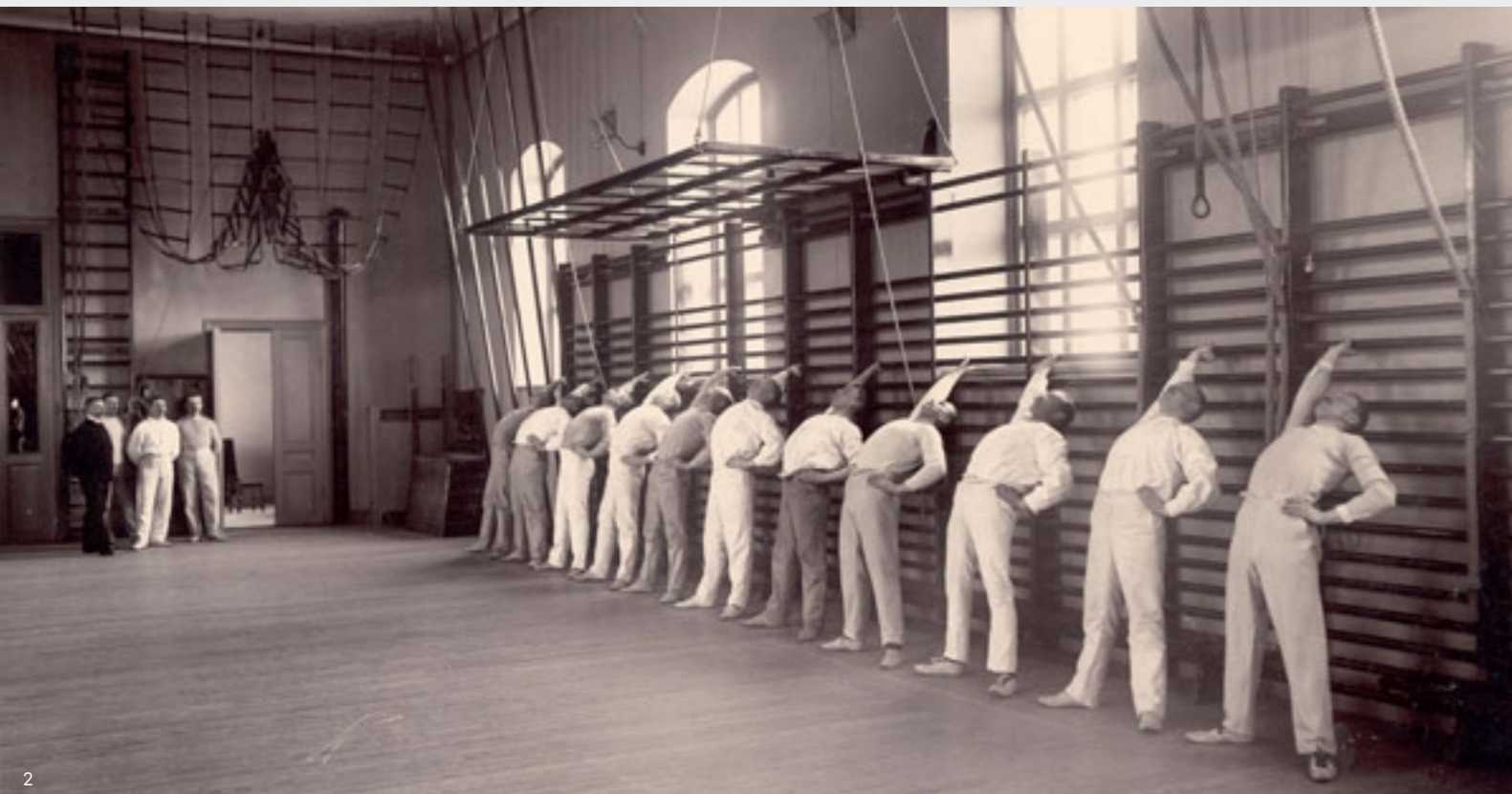
Pehr Henrik Ling



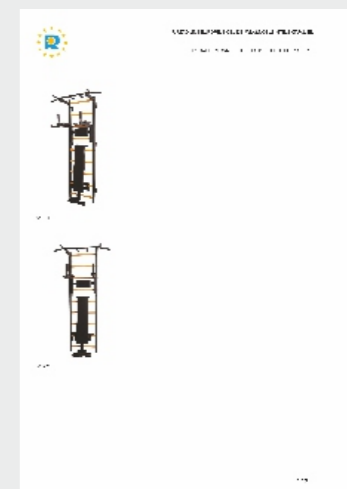
BenchK modified an ordinary Swedish ladder and created a more functional and durable sport device for contemporary people.

BenchK's mission is to promote „ladder gym” worldwide. We want BenchK wall bars to become an affordable and indispensable aid in the pursuit of a healthy lifestyle everywhere people are. BenchK strives to provide everyone with the opportunity to take care of their own physical and psychological form. BenchK are convinced that the sports corner will become an essential element of every apartment, house, gym, hotels, kindergarden and many more.

BenchK multifunctional wall bars meet strict safety standards and can be useful in hotels, professional gyms and rehabilitation centers.



CERTIFICATES



BenchK wall bars are made in Poland and comply with European safety standards PN-EN 12346:2001, PN-EN 913:2019-03 for gymnastic and sports equipment.

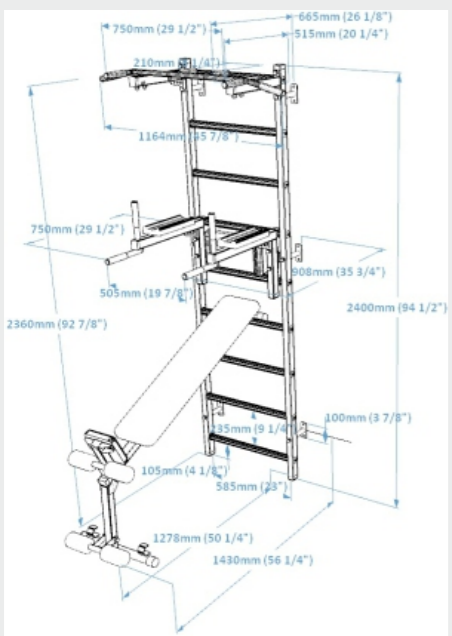
All BenchK designs have been issued Registered Community Design certificates by EUIPO (European Union Intellectual Property Office).

Name of series:	Numbers of the certificates of registration / registered 21.08.2020
BenchK series 1	008135586-0001, 008135586-0002, 008135586-0003, 008135586-0008, 008135586-0009, 008135586-0017
BenchK series 2	008135586-0010
BenchK series 5	008135586-0015
BenchK series 7	008135586-0004, 008135586-0005, 008135586-0007, 008135586-0011, 008135586-0012, 008135586-0013, 008135586-0014, 008135586-0016, 008135586-0006

HOW TO

The production process from start to finish

„BenchK Sports Furniture is distinguished by a scrupulous approach in paying attention to the smallest details.”
- Vadym Zemlianyi.



Design by Vadym Zemlianyi.



The precision of every detail has been achieved thanks to the use of modern technologies of laser cutting and joining.



The steel profiles of the wall bars have been powder coated black matte, which adds to their durability.



The wooden elements of BenchK wall bars are made of solid beech wood that is FSC certified, which means that it is 100% sourced and used in a responsible and sustainable manner.



Every wooden element has been hand oiled with oil that is safe for food handling environments.



HOW TO



Bench, armrests, back support rollers are made entirely from polyurethane (PU) without the use of synthetic leather or foam. This ensures a durable, aesthetic and easy to maintain finish.



At BenchK, we use packaging that is fully recyclable, i.e. 100% renewable and 100% biodegradable.



Furthermore, the packaging of our products is designed in such a way as to have the smallest dimensions possible and to optimally fill the shipping pallet – zero waste.



Mokotów Gym, Warsaw, Poland



HP Hotel Park, Olsztyn, Poland



Ovolo Hotels, Hong Kong







@trxfreestylraleigh, Raleigh, NC, USA, North Carolina





@pilateterminy, Warsaw, Poland

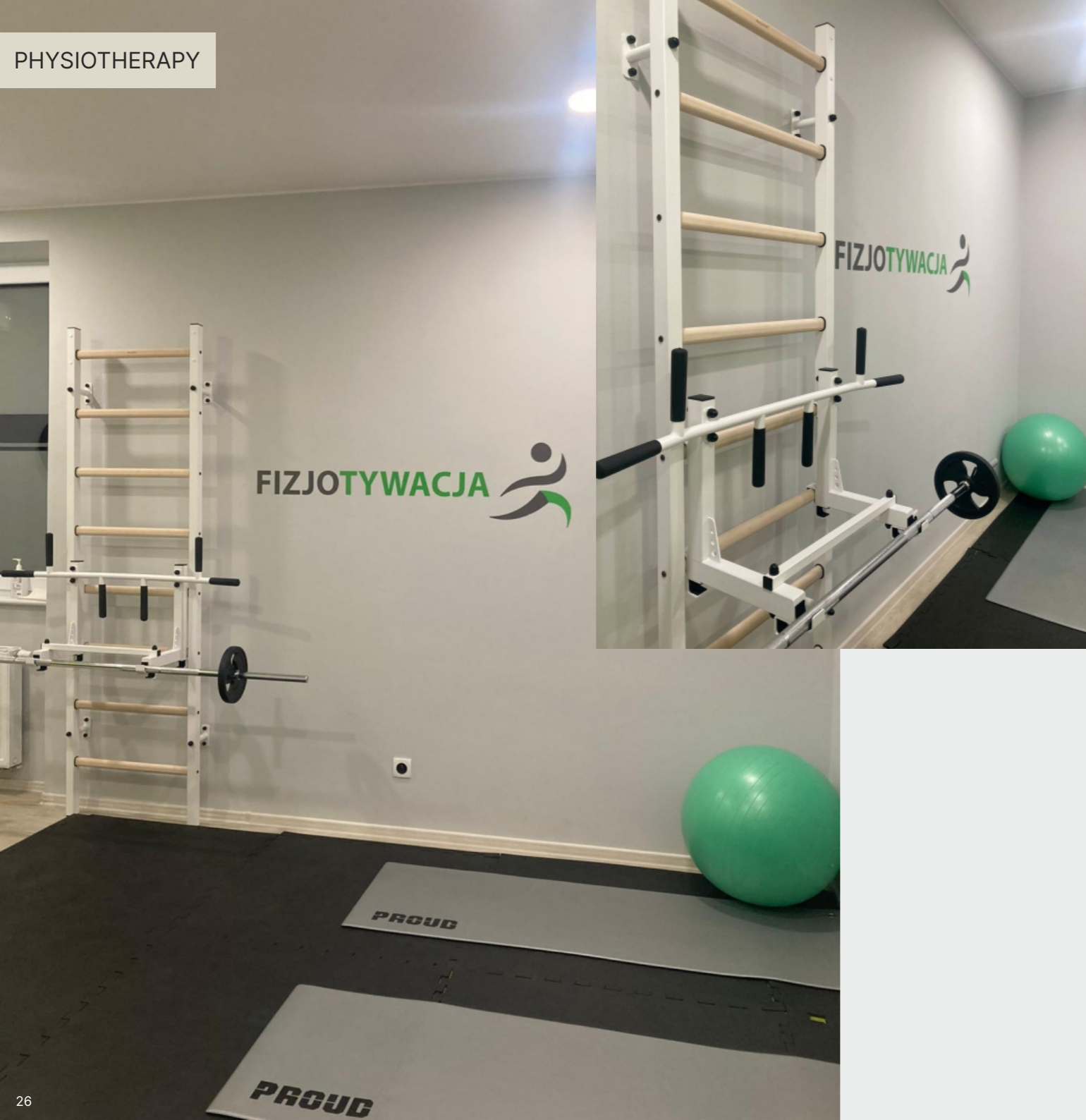






Daniel Zangerl, www.danielzangerl.com

Harry's Home Hotels & Apartments, Switzerland

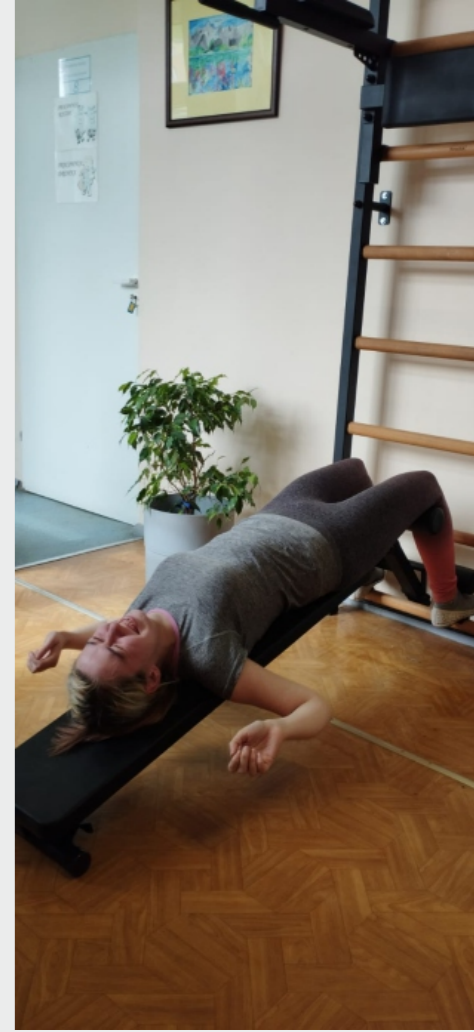
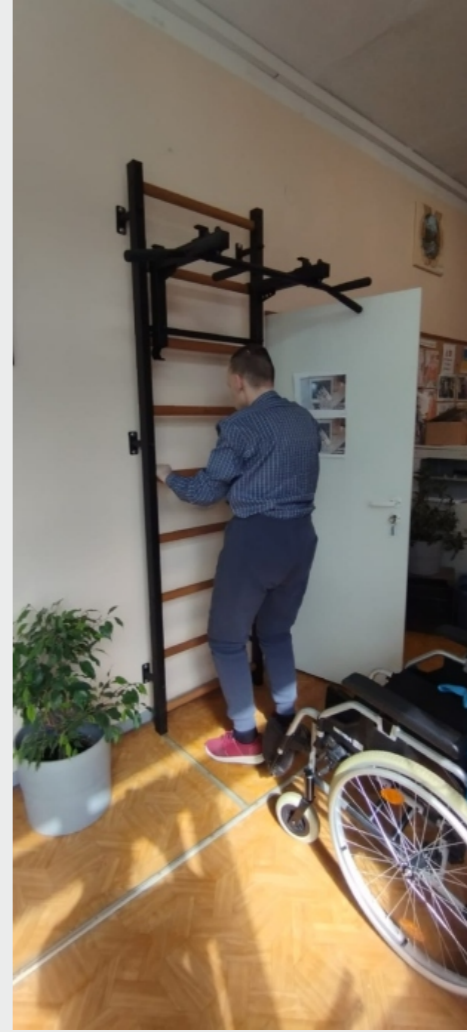




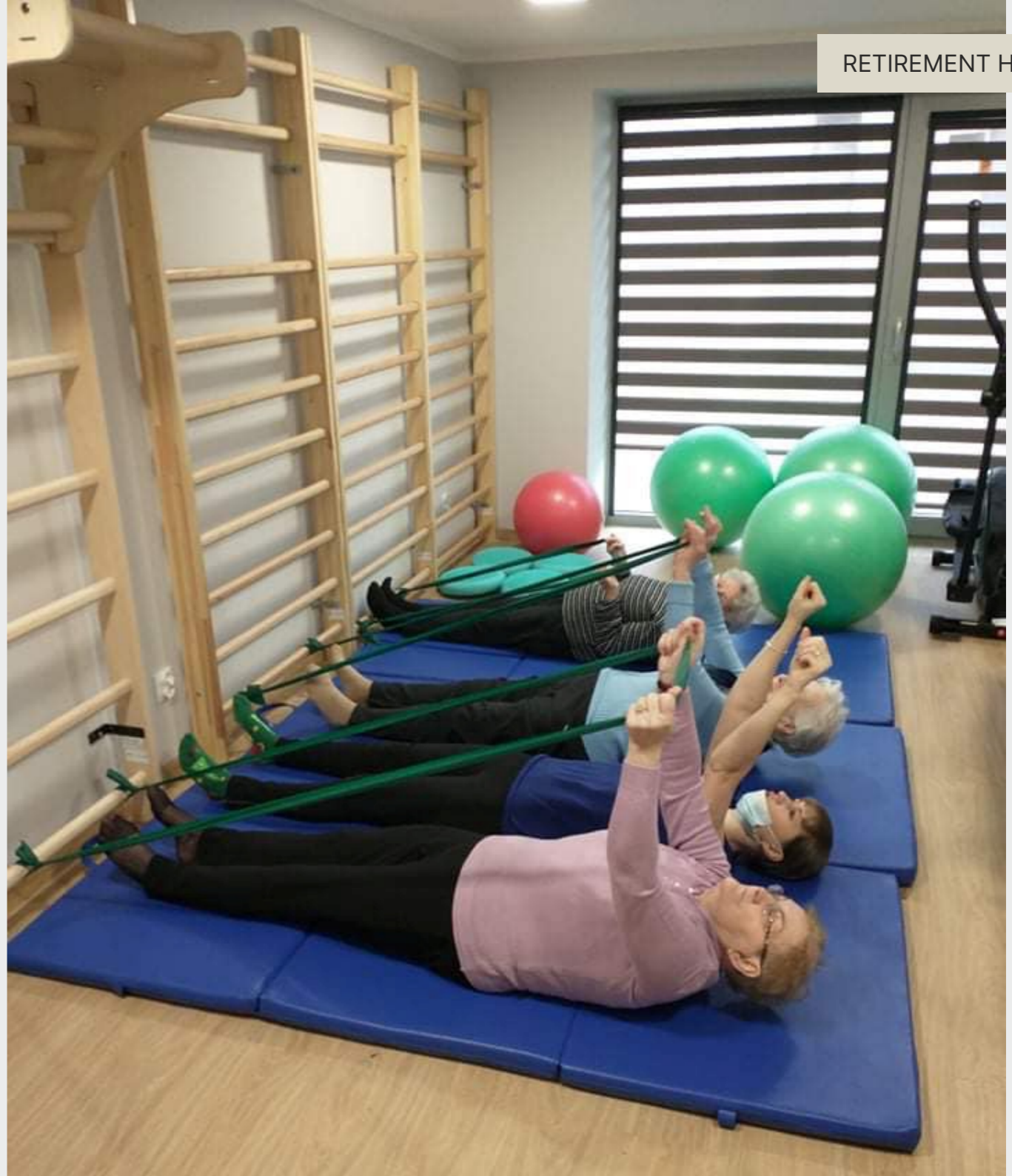


www.athletic-restoration.com, Vermont, USA













Studio Fikus, Michał Fikus, photo: Maja Musznicka



KW STUDIO, photo: ONI STUDIO





EXAMPLES OF BENCHK EXERCISES



EXAMPLES OF BENCHK EXERCISES



Seated overhead dumbbell press



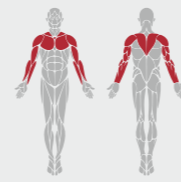
Seated bicep curls



Dumbbell Row



Dumbbell fly



Seated barbell curl



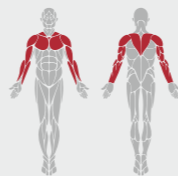
Incline bench press



Barbell curl



Resistance band bicep curl



Blast strap push up



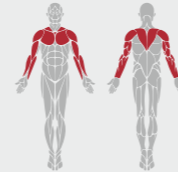
Horizontal Pull-ups



Resistance band horizontal row



Resistance band trunk rotation



Decline russian twist



Decline sit-ups



Pull-ups



Hammer grip pull ups



Hanging leg raise



Parallel bar leg raise



Single-leg split squat

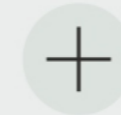


Dips

lift yourself



BenchK 700B



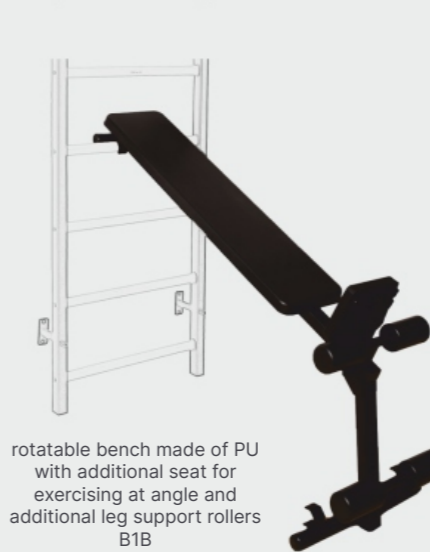
removable steel pull up bar
with 6 grips and barbell holders
PB3B



dip bar with armrests &
back support made of PU,
handles made of PVC DB1B



rotatable bench made of PU
with additional seat for
exercising at angle and
additional leg support rollers
B1B



BenchK 733B