

Bench^K lift yourself



Est. 2015

Sports furniture

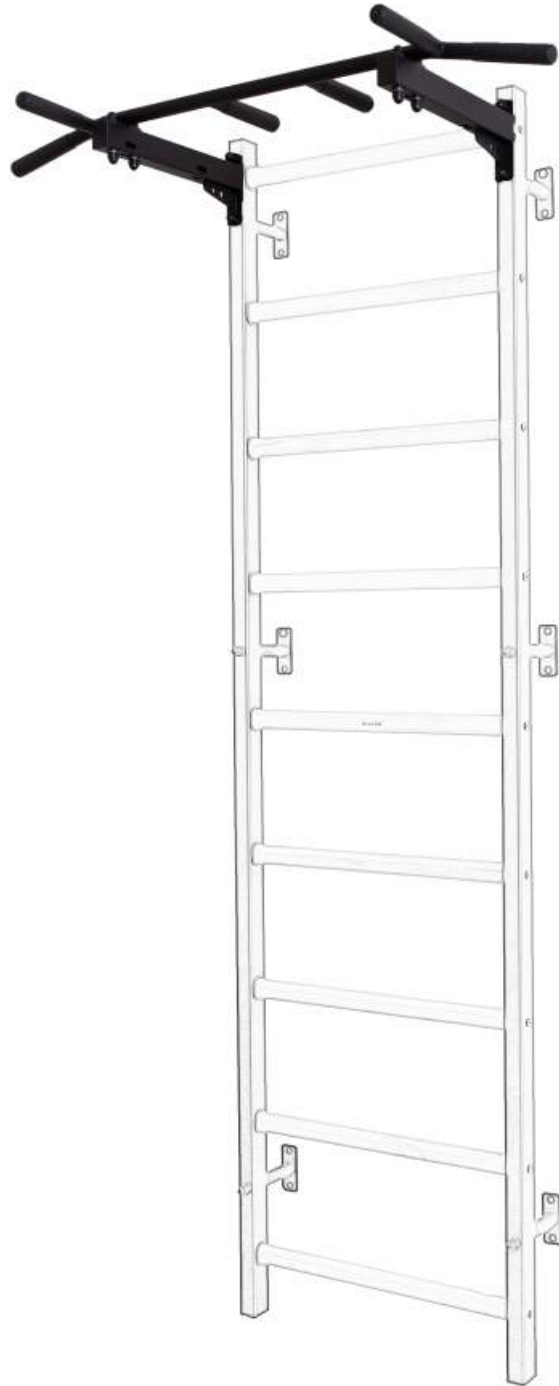
From the very beginning, at BenchK, our vision was to develop and construct the most innovative solution to the five key challenges facing customers today.

BenchK products had to be the first in terms of functionality, stability, universality, modern design, and manufacturing technology.

BenchK products are a breakthrough in the sports and furniture industry, and we are sure that you will quickly appreciate the benefits of using them.

*Vadim
Zemlianyi*

Vadim Zemlianyi
CEO, BenchK



BenchK[®]

Sports furniture



BenchK 110 series 6-9



BenchK 310 series 14-19



BenchK 410 series 20-22



BenchK 210 series 10-13



BenchK 510 series 23



BenchK 710 series 24-26



Gymnastic mat 29

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”.

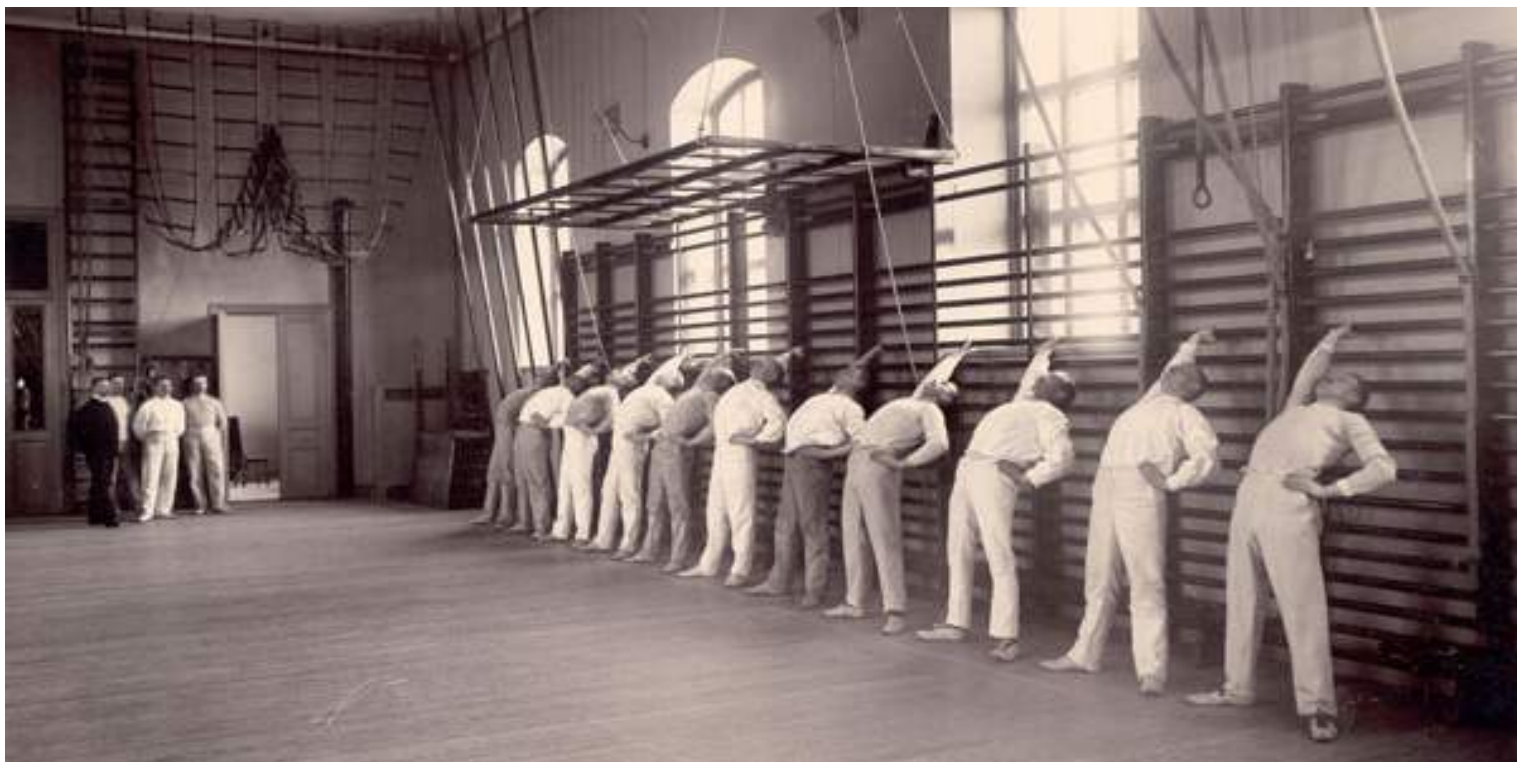
The Swedish ladder became the basis for a gymnastic system developed by Pehr Henrik Ling (1776-1839). The poet, playwright and fencing teacher, Ling wished to create a physical preparation system that would contribute to the upbringing of a harmonious personality. As a staunch patriot, Ling hoped that 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.

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





Pehr Henrik Ling





round wooden swing
with a diameter of 30 cm

8 oval beech wood rungs
are manually oiled with
the highest quality oil



the cotton rope is manually
tangled in the upper section to
loop form and secured at the very
bottom, eliminating the need for
metal and artificial elements

removable beech wood
pull up bar

wall mounted beech wood
construction

wide black straps equipped
with a buckle that allow quick
height adjustment

wooden gymnastic rings



BenchK 112



BenchK 111 + desk

BenchK pull up bar for wall bar Series 110 is the useful addition for our home. Thanks to additional wooden board it turns to a desk for the young children or useful place for work on a laptop.



BenchK 111





8 oval beech wood rungs are manually oiled with the highest quality oil



BenchK 212B: 2 - the series number, 1 - the generation number, 2 - the quantity of optional attachments, B - Black BenchK 210 series

BenchK 212B



BenchK 211B



BenchK 210B





Metal profiles are rectangular with dimensions of 40 x 50 mm. All cuts and holes are made only by laser which ensures quality and precision.



BenchK 311B



BenchK 310 series



BenchK
311B+A076

BenchK 312B
BenchK 313B





BenchK 310B
+ PB 210.1B



BenchK
311B+A076





Thanks to the modern technologies used in the production of the new generation BenchK wall bars, BenchK are not only sports equipment but sports furniture which meet the requirements of the modern home.



You will be able to help your child achieve that which seems impossible at first.

You will be able to teach him or her to face challenges and be self-reliant.

Pull-ups on the bar.



BenchK wall bar is also perfect for the child and the adult exercising simultaneously.



BenchK 310 series



BenchK 310 series



BenchK 310 series

BenchK 412B



BenchK
412B







BenchK 410 series

BenchK 513

top mounted
metal pull up bar

8 oval beech wood rungs

dip bar with barbell
holders and armrests
made of PU

Workout bench. May be
positioned at different angles.



wall mounted or
ceiling & floor mount

legs support
rollers







BenchK 710 series







BenchK 710 series







L: 180 cm x W: 60 cm, Thickness: 8 cm
Color: grey
Weight: 2,5 kg
Made of polyurethane foam with a density of T25

BenchK series 110

- H 220 cm x W 67 cm
- Wall mounted beech wood construction
- 8 oval beech wood rungs (30 mm x 40 mm)
- Removable beech wood pull up bar
- Max. user weight: 120 kg
- Minimum installation height requirement: 230 cm
- Product weight: 23 kg
- Color: light beech wood
- Accessories for children: wooden gymnastic rings, cotton rope, wooden swing



BenchK 112



BenchK 110



BenchK 111

Pull Up Bar
PB 110.1Accessories
for children
A/204

BenchK series 210

- H 230 cm x W 67 cm
- Wall mounted
- 8 oval beech wood rungs (30 mm x 40 mm)
- Removable beech wood pull up bar
- Max. user weight: 120 kg
- Minimum installation height requirement: 240 cm
- Product weight: 27 kg
- Color: matt black profiles, oak wood
- Accessories for children: wooden gymnastic rings, cotton rope, wooden swing.



BenchK 212B



BenchK 210B



BenchK 211B

Pull Up Bar
PB 210.1BAccessories
for children A/076

BenchK series 310

- H 240 cm x W 67 cm
- Wall mounted
- 9 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 250 cm
- Product weight: 30 kg
- Color: matt black profiles, oak wood.
- Optional attachments: dip bar with armrests and back support, bench with additional seat and legs rollers, accessories for children

BenchK
311B+A076

BenchK 310B



BenchK 311B

BenchK 310B+
Wooden Pull Up Bar

BenchK 312B



BenchK 313B

Dip Bar
DB 310B/710BBench
B310B/710BMetal Pull Up Bar
PB 310.1BPull Up Bar
PB 210.1BAccessories
for children
A/076

BenchK series 410

- H 230-240 cm x W 67 cm
- Wall mounted or ceiling & floor mount (from 240 cm to 275 cm)
- 8 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 240 cm
- Color: matt white profiles, light beech wood
- Optional attachments: dip bar with armrests and barbell holders, bench, accessories for children



BenchK 414



BenchK 412



BenchK 413



Dip Bar DB410



Bench B410

BenchK series 510

- H 230 cm x W 67 cm
- Wall mounted or ceiling & floor mount (from 240 cm to 275 cm)
- 8 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 240 cm
- Color: matt black profiles, oak wood
- Optional attachments: dip bar with armrests and barbell holders, bench



BenchK 513



BenchK 511



BenchK 512



Dip Bar DB510



Bench B510

BenchK series 710

- H 240 cm x W 67 cm
- Wall mounted
- 9 oval beech wood rungs (30 mm x 40 mm)
- Removable metal pull up bar with barbell holders
- Max. user weight: 150 kg
- Minimum installation height requirement 250 cm
- Color: matt black profiles, oak wood
- Optional attachments: dip bar with armrests and back support, rotatable bench with removable bench seat and additional legs support rollers



BenchK 713B



BenchK 710B



BenchK 711B



BenchK 712B

Dip Bar
DB 310B/710BPull Up Bar
PB710.1BBench
B310B/710B



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