

BenchK[®]

lift yourself



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since 2015

Sports furniture

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From the very beginning our vision was to develop something unique, something that we could be proud of, something that could blend so perfectly into everybody's life.

We developed BenchK sports furniture. BenchK is a team of people committed to building a healthy future. We know the pressures of modern life require a new approach to health and fitness. We know that a healthy lifestyle starts from a young age and continues through adulthood. We know that the choices we make we pass down to the next generation. That's why BenchK is the right choice.

Made to the highest quality, with perfect functionality BenchK wall bars are the piece of sports furniture that no home should be without.

BenchK is an investment for health and the future.

We would love you to become an ambassador for BenchK.

Vadim
Zemlianyi

Vadim Zemlianyi
CEO, BenchK

BenchK[®]

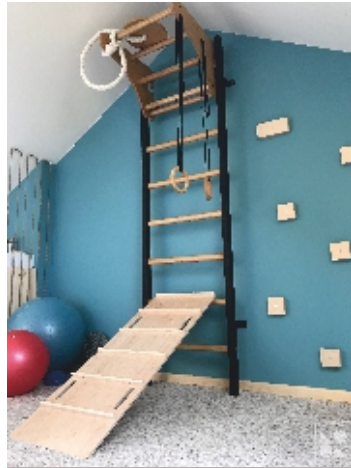
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Series 1

H = 220 cm (86 5/8")

Wall bars with scandinavian design, durable materials, sourced in Poland. Suitable for lower ceilings. Can be used by any family member. Space saving: can be turned into a work area with a pull-up bar and desktop attachments. Fills the area with warmth of natural wood beech. Attracts both adults and children.



Series 2

H = 230 cm (90 1/2")

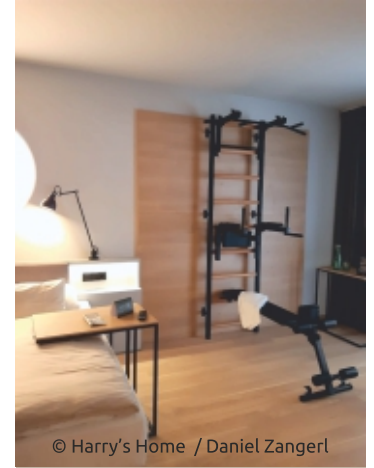
Compact wall bars striking the balance between style and function. Suitable for lower ceilings. Combines solid steel frame with beech wood. Available in black and white. Can serve as a full-gym station without compromising the aesthetics of the environment.



Series 5

H = 240 cm - 272 cm (94 1/2" - 107 1/8")

Advanced wall bars with flexibility in installation and usage. Can be installed without drilling holes. The top rung is positioned at a distance from the rest - more alternatives for hanging exercises. Made of solid steel and beech wood. Available in black and white. Can serve as a full-gym station.



Series 7

H = 240 cm (94 1/2")

Extremely functional all-in-one gym station with elegant look and space saving design. Equally compatible with public and private spaces. Suitable for higher ceilings. Made of solid steel and beech wood. Available in black and white. Gives endless workout possibilities.

3. A Brief History of BenchK



2015-2017

MARKET RESEARCH

Production in Ukraine.
Consumer needs exploration.

„Each BenchK was developed through the ruthless process of design, editing, reworking and refinement“ - Vadym Zemlianyi.

2018 January

MUNICH, GERMANY INTERNATIONAL TRADE FAIR FOR SPORTS EQUIPMENT AND FASHION - ISPO 2018

For the first time, the BenchK brand presented its products at ISPO MUNICH. The company was the only representative of multi-functional wall bars in the entire ISPO. Nobody had anything like it.

2019 February

MUNICH, GERMANY INTERNATIONAL TRADE FAIR FOR THE SPORTS INDUSTRY - ISPO 2019

In 2019, we returned to Munich for the next edition of the international trade fair in the sports industry - ISPO.





2020 January-February

NUREMBERG, GERMANY

TOY TRADE FAIR SPIELWARENMESSE 2020

Taking into account the achievements of the first generation of BenchK product line, putting design and functionality in the first place, we created sports furniture in Poland. Presented the second generation of BenchK wall bars. The fair took place 3 weeks before the first lockdown related to the Covid 19 pandemic.



2021 June

DUBAI, UNITED ARAB EMIRATES

THE HOTEL SHOW DUBAI 2021

After a one-year break caused by the pandemic, we were able to present the BenchK ideas in the Middle East at the largest and most important event related to the hospitality industry, construction, and equipment of hotel facilities. Poland was a partner country of The Hotel Show Dubai 2021.



2021 September

PARIS, FRANCE

MAISON&OBJET PARIS 2021

Autumn 2021 was marked by one of the largest interior design fairs in Europe - Maison & Objet in Paris. This exhibition in Paris, filled with inspiration and interior trends. BenchK appeared among brands such as Ralph Lauren, Lalique or Versace.



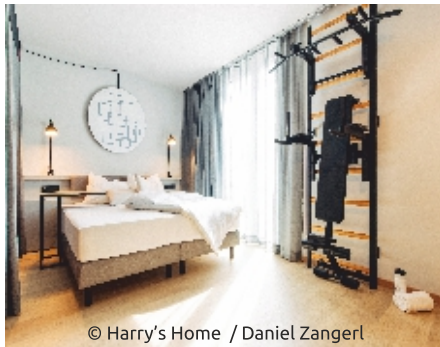


2021 September

AUSTRIA

HARRY'S HOME HOTELS&APARTMENTS 2021

The BenchK 7 series multifunctional sports wall bars were installed in the Austrian hotel chain belonging to Harry's Home Hotels & Apartment. This hotel fits perfectly into the new trend of lifestyle hotels. This concept has evolved over the last 20 years, because it's basic feature is to adapt to the constantly changing expectations and requirements of guests.



© Harry's Home / Daniel Zangerl

2021 November

DÜSSELDORF, GERMANY

INTERNATIONAL MEDICAL TRADE FAIR MEDICA 2021

For the first time the BenchK sports furniture was presented at the largest medical fair in Europe - MEDICA 2021. BenchK wall bars are manufactured in compliance with the European safety standards, which means that they can be used as rehabilitation equipment in hospitals, rehabilitation centers or physiotherapy offices.



2022 January

DUBAI, UNITED ARAB EMIRATES

MOOD FURNITURE COOPERATION WITH THE AZEDEA GROUP 2021

During Maison & Objet, we established a very promising cooperation with the Azedeia Group, thanks to which our products were included in one of the MOOD FURNITURE stores in DUBAI MALL. The AZADEA Group is a leading lifestyle company that owns over 40 largest international franchise concepts in the Middle East and Africa. Since it's establishment in 1978, the Group has developed a substantial chain of stores



representing brands in fashion and accessories food and drink, home furnishing and sporting goods industries. Among others, they include Massimo Dutti, Mango, Kiko Milano and GAP.



2022 April

**COLOGNE, GERMANY
THE LARGEST FITNESS TRADE
FAIR IN THE WORLD - FIBO 2022**

BenchK 1 series wall bars received the FIBO INNOVATION & TREND AWARD in the Lifestyle, Life-Balance & Wellness category. FIBO is the world's largest international trade fair for fitness, wellness and health with participation of over 1000 exhibitors from over 40 countries. The most important media event during the fair is the FIBO INNOVATION & TREND AWARD gala. For over 20 years, the award has been granted in 6 industry categories for the most interesting ideas and trends.



2022 June

**MIAMI BEACH, FLORIDA, USA
INTERNATIONAL TRADE FAIR FOR THE
SPORTS INDUSTRY - IHRSA 2022**

In 2022, we became members of IHRSA - the International Health, Racquet & Sportsclub Association. IHRSA and its members, such as health and fitness clubs, gyms, sports and aquatic facilities and business partners are committed to making the world healthier through regular exercise. In June 2022, we participated in the fair in the United States. This year's edition of the largest sports event, IHRSA 2022, was held at the Miami Beach Convention Center in Florida. BenchK wall bars aroused great interest among visitors.



2022 July

**DISTRIBUTION CENTER OPENED
IN FLORIDA, U.S.**

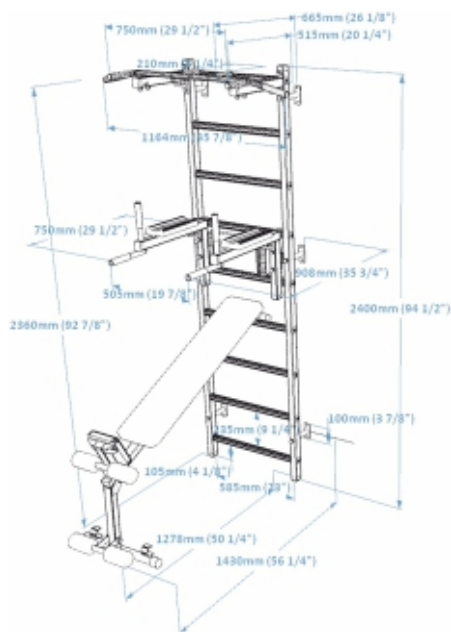
BenchK LLC is an entity registered and operating in Florida U.S. It holds a distribution center in Largo, FL. BenchK now covers the whole North American region.



4. 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.



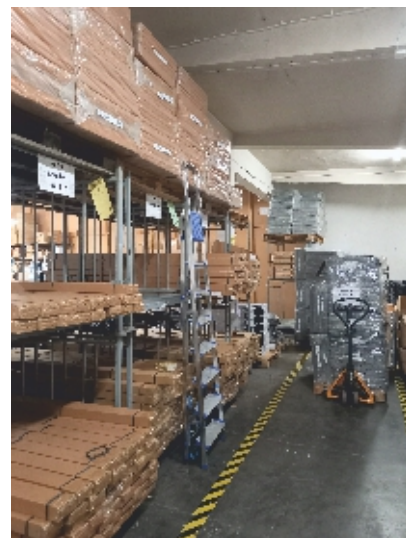
Every wooden element has been hand oiled with oil that is safe for food handling environments.



Bench, armrests, back support, leg 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.

A wall bars made conforming to European safety standards PN-EN 12346:2001, PN-EN 913:2019-03 for gymnastic equipment.

5.1. Living area





BenchK wall bars are designed in such a way that they do not take up much space and serve not only as exercise equipment but also beautiful furniture.



A room for children that parents will also love.



Crafted from beech wood, the desk top is placed on the pull-up bar and together they create a stylish and functional desk for a child or an adult. The desk is ideal for lovers of minimalism, as it allows to save a lot of space by combining training and working area. The height of the desk can be regulated to the height of the user.





Incorporating the functionality and quality of BenchK pull up bar D8 in a more compact design. With just 4 small hooks on the wall, multiple training options are possible.





If you can only invest in one thing at home - invest in health.

5.2. Sport and fitness facilities





Globalbefit, Hotel Meta

Wall bars with metal frame allows floor-to-ceiling mounting.





5.3. Physiotherapy and rehabilitation centers



A BenchK wall bars is a fundamental element of rehabilitation and sports training.



Thanks to safety certificates, BenchK clients include physiotherapy and rehabilitation centres.

5.4. Architecture and Design ideas





3D models of all BenchK products are available directly from a link on the BenchK home page
www.benchk.com

This way designers and architects can effectively integrate BenchK into design projects.

5.5. Public institutions





Create a safe and healthy environment for children.
BenchK source 100% of raw materials from Poland
including Polish beech wood, which is double oiled with child safe organic oil.

5.6. Hospitality



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5.7. Modern office spaces





Thanks to the modern technologies used in the production, BenchK is not only sports equipment but sports furniture which meets the requirements of the modern office.

5.7. Modern office spaces

In BenchK 5 Series the top rung is positioned 8 cm from the profiles and is integrated into the pull up bar.

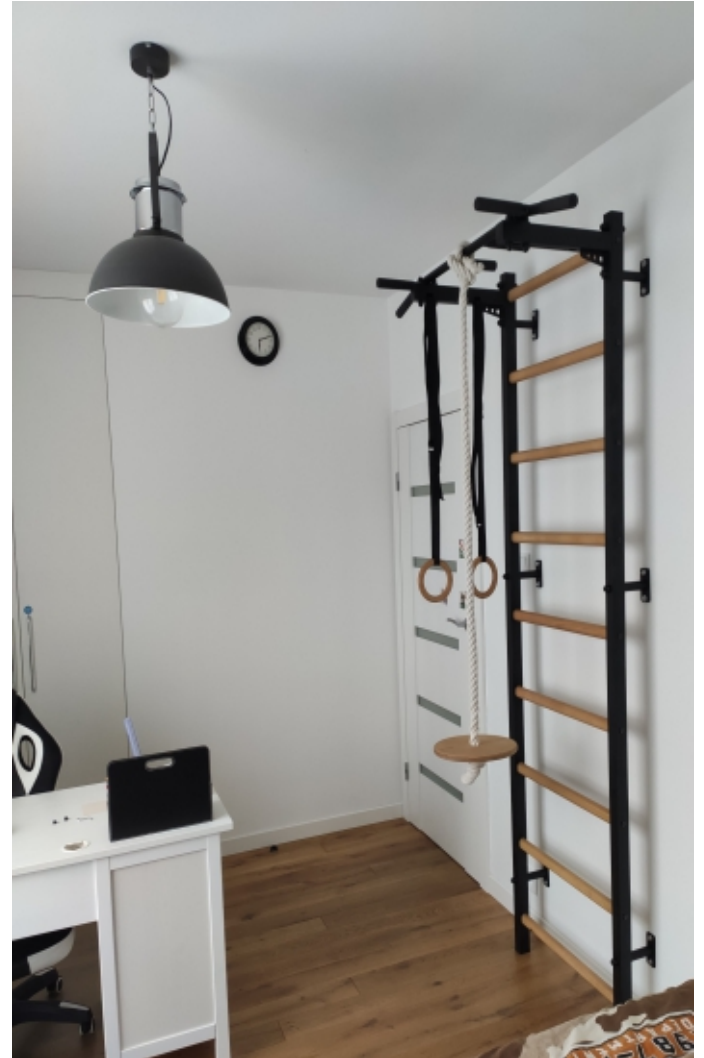


Do not be afraid to bend the rules to create a home or office that will match you and your life.

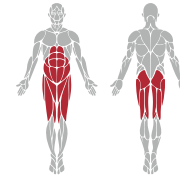
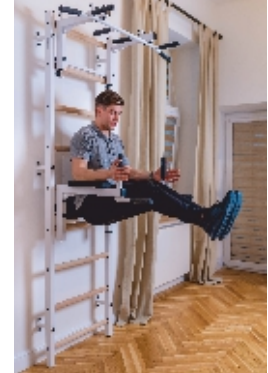
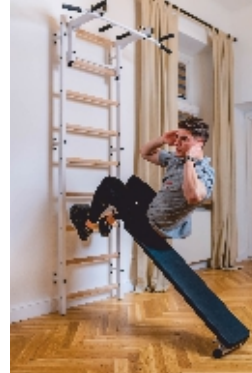
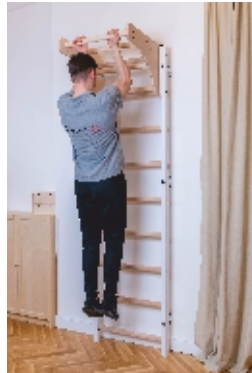
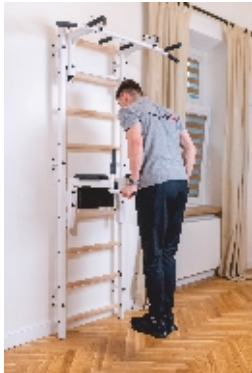
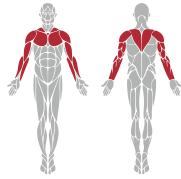
5.8. Military training centers



5.9. Gaming and esports facilities



6. Examples of BenchK exercises



lift yourself

7. Customer reviews



Simona C.I.
8 reviews

★★★★★

Excellent product and fast delivery to Germany. I have been looking for a small home gym because i can only work out at home due to my kids and the Benchk Wallbar is perfect! It is really functional (i have literally found no other wallbar with as many functions as this and trust me i searched all the european providers!) and the design and quality are unmatched. I recommend this wallbar with all my heart, i am so happy i found them 🍷.



Aljoša Gregorin
3 reviews

★★★★★

Top quality, fast delivery to Slovenija and super nice personell
I'm already sweating on BenchK 713B Wall bar :)



Car La
Local Guide · 128 reviews · 12 photos

★★★★★

(Translated by Google) I called the company in Poland directly and received wonderful and very friendly advice from a perfectly English-speaking employee.
I placed my order on Wednesday evening and the wall bars were already with me in Germany on Monday.
The quality is excellent and worth every penny. The wall bars are of high quality and look really good.
Absolute buy recommendation !!



T.H. Reich
4 reviews

★★★★★

(Translated by Google) Very solid and perfectly processed sports equipment that you like to screw into your living room! The service and the advice by e-mail before the purchase was very friendly and prompt (in German!) And the delivery by forwarding agency free of charge and on time (in Corona times just 8 days before Christmas!). Since I will certainly no longer need wall bars in this life, I can only recommend the BenchK wall bars. And I don't get paid for it :-)



Maciej Etgens
Local Guide · 48 reviews · 6 photos

★★★★★ 6 hours ago **NEW**

Bardzo fajna drabinka i bardzo dobry kontakt z firmą. Polecam.

(Translated by Google)
Very nice ladder and very good contact with the company. I recommend.



RUNA BARLI
★★★★★

KJØPER
26. Nov 2021

Veldig fin, enkel og monterer, solid!

BenchK 1 series

- H 220 cm (86 5/8") x W 64 cm (25 1/4")
- Wall mounted beech wood construction
- 8 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Adjustable beech wood pull up bar
- Max. user weight: 120 kg (265 lbs)
- Minimum installation height requirement: 230 cm (90 1/2")
- Color: light beech wood
- Gymnastic accessories: wooden gymnastic rings, cotton rope, wooden swing



BenchK 111+A204



BenchK 100



BenchK 111



Gymnastic accessories A204



Pull Up Bar PB204



BenchTop BT204

BenchK 5 series

(available in Black or White)

- H 240 cm x W 67 cm (94 1/2" x 26 3/8")
- Wall mounted or ceiling & floor mount - from 240 cm to 272 cm (94 1/2"-107 1/8")
- 8 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Integrated steel pull up bar
- Max. user weight: 150 kg (330 lbs)
- Minimum installation height requirement: 240 cm (94 1/2")
- Optional attachments: dip bar with armrests and barbell holders, bench



BenchK 523B



BenchK 523W+A204



BenchK 521B



BenchK 522B



Dip Bar DB0B



Bench B0B

BenchK 2 series

(available in Black or White)

- H 230 cm (90 ½") x W 67 cm (26 ¾")
- Wall mounted
- 8 oval beech wood rungs (30 mm x 40 mm, 1 ⅜" x 1 ¾")
- Max. user weight: 120 kg (265 lbs)
- Minimum installation height requirement: 240 cm (94 ½")
- Wooden adjustable or fixed steel or convertible steel pull up bar
- Gymnastic accessories: wooden gymnastic rings, cotton rope, wooden swing



BenchK 211W+A204



BenchK 211B + A076



BenchK 232B



BenchK 200B



BenchK 211B



Pull Up Bar PB076



BenchTop BT204M



Gymnastic accessories A076

BenchK 7 series

(available in Black or White)

- H 240 cm x W 67 cm (94 ½" x 26 ¾")
- Wall mounted
- 9 oval beech wood rungs (30 mm x 40 mm, 1 ⅜" x 1 ¾")
- Max. user weight: 150 kg (330 lbs)
- Minimum installation height requirement 250 cm (98 ½")
- Wooden adjustable or fixed steel or convertible steel pull up bar
- Optional attachments: dip bar with armrests and back support, rotatable bench seat and additional legs support rollers



BenchK 733W



BenchK 733B



BenchK 721B+A076



BenchK 721W



BenchK 700B



BenchK 731B



BenchK 732B



Dip Bar DB1B



Pull Up Bar PB3B



Bench B1B

9. Series Differences

Ladder










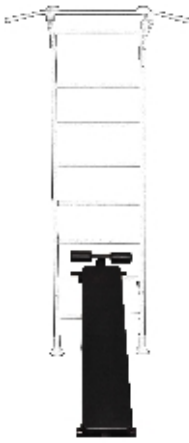

Series 1

Series 2

Series 5

Series 7

220 cm (86 5/8") high	230 cm (90 1/2") high	Adjustable: 240 cm (94 1/2") - 272 cm (107 1/8")	240 cm high (94 1/2")
64 cm (25 1/4") width	67 cm (26 3/8") width	67 cm (26 3/8") width	67 cm (26 3/8") width
Must be attached to the wall	Must be attached to the wall	Floor-to-ceiling / wall mounting	Must be attached to the wall
Entirely from hand oiled beech wood	Mix of steel and hand oiled beech wood	Mix of steel and hand oiled beech wood	Mix of steel and hand oiled beech wood
Max user weight - 120 kg (265 lbs)	Max user weight - 150 kg (330 lbs)	Max user weight - 150 kg (330 lbs)	Max user weight - 150 kg (330 lbs)
Light beech wood color	Available in black and white	Available in black and white	Available in black and white
Pull-up bar (optional): adjustable	Pull-up bar (optional): adjustable or fixed to the top	Pull-up bar always included: fixed to the top	Pull-up bar (optional): adjustable or fixed to the top
Optional add-ons: desk top, gymnastic rings, and rope	Optional add-ons: dip bar, pull-up bar, bench, desk top, gymnastic rings, and rope	Optional add-ons: dip bar, bench, desk top, gymnastic rings, and rope	Optional add-ons: dip bar, pull-up bar, bench, desk top, gymnastic rings, and rope

Pull-up Bar	Dip Bar	Bench	Gymnastic accesories
 <p>adjustable beech wood pull up bar PB204</p>  <p>adjustable beech wood pull up bar PB076</p>  <p>fixed steel pull up bar with 6 grips PB2B</p>  <p>removable steel pull up bar with 6 grips and barbell holders PB3B</p>	 <p>dip bar with armrests & back support made of PU, handles made of PVC DB1W</p>  <p>dip bar with barbell holders and armrests made of PU DB0B</p>	 <p>rotatable bench made of PU with additional seat for exercising at angle and additional leg support rollers B1B</p>  <p>workout bench may be positioned at different angles with leg support rollers made of PU B0B</p>	 <p>A204/A076</p> <p>wide black straps equipped with a buckle that allow quick height adjustment</p> <p>wooden gymnastic rings</p> <p>round wooden swing with a diameter of 30 cm</p>



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LITHUANIA



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