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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.

BenchK is a team of people committed to building a healthy future. We know that the choices we make we pass down to the next generation.

BenchK sports furniture is designed to be integrated within many environments, such as home, office, public places etc and be always present at place close to you.

We would love you to become an ambassador for BenchK.

Vadim Zemlianyi CEO, BenchK

Vadin Temlingi

Benchke



Series 1

H=220 cm (86 5/8")

Series 1 wall bars with

scandinavian design, entirely made of solid beech wood. Can be used by all family members: both adults and children.
Hand-oiled with two layers of organic oil, produced in Germany, based on linseed oil which is approved for contact with food.

Suitable for lower ceilings.
The beech wood BenchTop on the adjustable pull-up bar creates a stylish and functional

desk for a child or adult.



Series 2

H = 230 cm (90 1/2")

Thanks to the combination of solid beech wood and steel, series 2 wall bars is a peace of sports furniture that fits perfectly into modern interiors. Multifunctional wall bars with additional equipment will be a great home gym, occupying only 1m2 of space. The BenchK DB1 dip bar has armrests and back support made of integral polyurethane foam.

Suitable for lower ceilings.



Series 5

H= 240 cm (94 ½") - 272 cm (1071/8")

Series 5 wall bars with fixed steel pull-up bar allows **floor-to-ceiling mounting** without the need to drill the wall.

The top rung is not vertically in line with the other rungs being positioned 8cm forward offering more alternatives for hanging exercises.

DB0B Dip Bar can be placed vertically to the wall bars and be used as a barbell holder.



Series 7

H = 240 cm (94 1/2")

Series 7 wall bars allows a whole body workout without leaving home – pull-ups, dips, sit-ups, bench press or TRX training, etc. BenchK rotatable workout bench with rollers for knee support and additional seat allows performing a wide range of exercises at an angle or in a horizontal position. Equally compatible with public and private spaces.

Suitable for higher ceilings.

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.

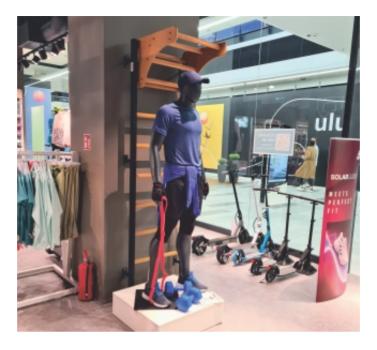


2021 September

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.

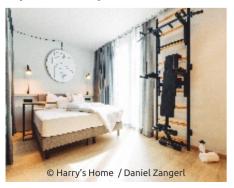




2021 September

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.



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 Azedea 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 it's 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.

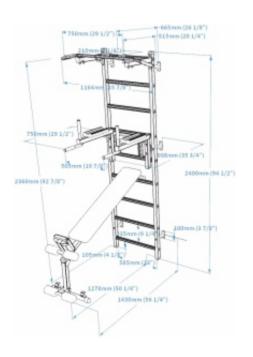
BenchK LLC is an entity registered and operating in Florida U.S. It holds a distribution center in Largo, FL. BenchK now covers the whole North American region.



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.





Crafted from solid 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.







Multifunctional interior with BenchK:

- fitness corner
- space for fun
- stylish furniture



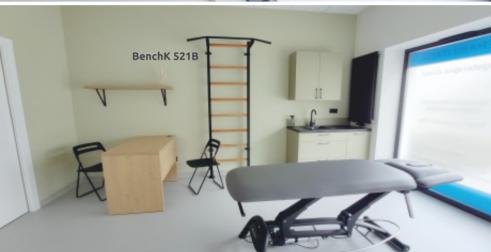






BenchK wall bars is a fundamental element of rehabilitation and sports training.









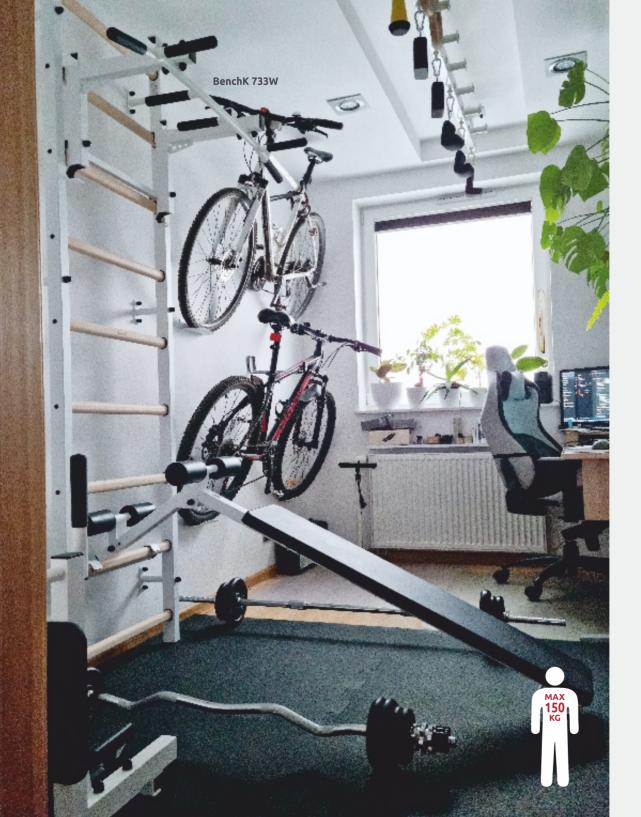
Thanks to the safety certificates BenchK is also present at Physiotherapy and rehabilitation centers.











Create a space that fits to your life style.

Benchke



Living area (sitting room, children's room, home gyms)



Physiotherapy and rehabilitation centers



Hospitality (accommodation, hotels, guest houses, apartments, wellness resorts, camps)



Modern office spaces (supports ergonomic workplace concept, perfectly suits, lounge area, conference and recreation rooms)



Architecture and

ideal for:



Public institutions (schools, kindergardens, airports, prisons, emergency services, fire and rescue departments, police stations)



Military training centers



Design ideas



Sport and fitness facilities (gyms, boutique fitness studios, gymnastics, yoga with dance schools, martial arts, etc)



Gaming and esports facilities

BenchK 733B

BenchK wall bars
are classified as sports
furniture and not only
sports equipment, due
to the modern
technologies of
production allowing
it to meet the
requirements of a
modern home.







BenchK - make space for what you like.









The BenchK series 5 wall bars allows floor-to-ceiling mounting.





BenchK 700B

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





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





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 offering.







Make the impossible possible: you get a fitness corner in a space that you thought nothing would fit in.















Never was a part of the wardrobe so functional as it is now with BenchK.









Examples of BenchK exercises























lift yourself

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 do Slovenija and super nice personnel! I'm already sweating on BenchK 713B Wall bar :)



Car La 128 reviews ****



(Translated by Google) I called the company in Poland directly and received wonderful and very friendly advice from an employee who spoke perfect English. I placed my order on Wednesday evening and the wall bars were 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 piece of sports equipment, which one likes to screw into the living room! The service and advice via e-mail before the purchase was very friendly and prompt (in German!) and the delivery by freight forwarder was free of charge and on time (in Corona times just 8 days before Christmas!). Since I will certainly not need any more wall bars in this life, I can only recommend the BenchK wall bars. And I don't get paid for it:-)



Maciej Etgens 48 reviews



Very nice ladder and very good contact with the company. I recommend.





Bernd Kartnaller 8 reviews



I'm excited!

Quality, optics, execution all excellent. All screws and fits are very precise, so assembly is very easy and fun. The wall bars are perfectly finished and look very good. Absolute purchase recommendation!

I am veryhappy that I decided to do this. Service is also friendly, competent and fast.

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 $(30 \text{ mm x } 40 \text{ mm}, 1 \frac{3}{16}" \times 1 \frac{37}{64}")$
- 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 avmnastic rings. cotton rope, wooden swing







BenchK 111+A204

BenchK 112

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 $(30 \text{ mm x } 40 \text{ mm}, 1 \frac{3}{16}^{\circ} \text{ x } 1 \frac{37}{64}^{\circ})$
- Max. user weight: 120 kg (265 lbs)
- Minimum installation height requirement: 240 cm (94 1/2")

- 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 5 series

(available in Black or White)

- H 240 cm x W 67 cm (94 ½" x 26 ¾")
- Wall mounted or ceiling & floor
- mount from 240 cm to 272 cm (941/2"-1071/8")
- 8 oval beech wood rungs $(30 \text{ mm x } 40 \text{ mm}, 1 \frac{3}{16}^{"} \text{ x } 1 \frac{37}{64}^{"})$

- 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







523W+A204



BenchK 521B

Bench K 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 $(30 \text{ mm x } 40 \text{ mm}, 1 \frac{3}{16}^{\circ} \text{ x } 1 \frac{37}{64}^{\circ})$
- 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 with removable bench seat and additional legs support rollers







BenchK 733B BenchK 721B+A076



BenchK 100



Gymnastic accessories A204



Pull Up Bar PB204



BenchTop BT204







BenchK 200B



BenchK 211B



Pull Up Bar PB076



BenchTop BT204M



Gymnastic accessories A076





Dip Bar DB0B



Bench B0B





BenchK 721W



BenchK 731B

BenchK 732B







Pull Up Bar PB3B



Bench B1B

9. Series Differences

Ladder



Series 1	Series 2	Series 5	Series 7
220 cm (86 %") high	230 cm (90 ½") high	Adjustable: 240 cm (90 ½") - 272 cm (107%")	240 cm high (94 ½")
64 cm (25 1/4") width	67 cm (26 ¾") width	67 cm (26 3%") width	67 cm (26 ¾") 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):	Pull-up bar (optional): adjustable	Pull-up bar always included:	Pull-up bar (optional): adjustable
adjustable	or fixed to the top	fixed to the top	or fixed to the top
Optional add-ons: desk top,	Optional add-ons: dip bar, pull-up bar,	Optional add-ons: dip bar, bench, desk top,	Optional add-ons: dip bar, pull-up bar,
gymnastic rings, and rope	bench, desk top, gymnastic rings, and rope	gymnastic rings, and rope	bench, desk top, gymnastic rings, and rope

Pull-up Bar

adjustable beech wood pull up bar PB204



adjustable beech wood pull up bar PB076



fixed steel pull up bar with 6 grips PB2B

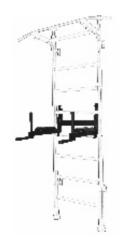


removable steel pull up bar with 6 grips and barbell holders PB3B



Dip Bar

dip bar with armrests & back support made of PU, handles made of PVC DB1W



dip bar with barbell holders and armrests made of PU DB0B

the maximum barbell weight is 200kg/441 lbs



Bench

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

B1B



workout bench may be positioned at different angles with leg support rollers made of PU

B0B



Gymnastic accesories

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

wooden gymnastic rings

round wooden swing with a diameter of 30 cm

