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2024 **BenchK**[®]
 lift yourself



since 2015

Sports furniture

- A word From CEO 2
- BenchK Series 3
- A Brief History 4
- How to 10
- BenchK ideal for 12
- Examples of BenchK exercises 46
- Customer reviews 47
- Product range 48
- Series Differences 50
- Where to buy



At BenchK, we are at the forefront of innovation, blending the worlds of sports and furniture to bring you a product unlike any other. Our mission is to introduce the "BenchK ladder" to a global audience, redefining what it means to integrate fitness into everyday life.

Our sports furniture is uniquely designed to seamlessly fit into a variety of settings, from gyms and boutique fitness studios to hotels, homes, physiotherapy and rehabilitation centers, schools, and offices. BenchK's versatile products are not just about enhancing physical spaces; they are about transforming lives.

We envision BenchK as an essential tool in the pursuit of a healthy lifestyle. Our products are more than just furniture; they are a commitment to wellbeing, offering both functionality and elegance. With BenchK, embracing a healthy lifestyle has never been easier or more accessible, no matter where you are.

Join us in this journey and make BenchK your indispensable helper in the pursuit of health and vitality.

Vadym Zemlianyi
 Vadim Zemlianyi
 CEO, BenchK

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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, which is approved for contact with food.

The beech wood BenchTop on the adjustable pull-up bar creates a stylish and functional desk for a child or adult.

Suitable for lower ceilings.



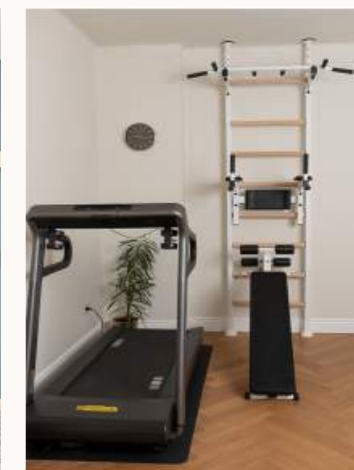
Series 2

H = 230 cm (90 1/2")

Thanks to the combination of solid beech wood and steel, series 2 wall bars is a piece 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 1/2") – 272 cm (107 1/8")

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.



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.

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.

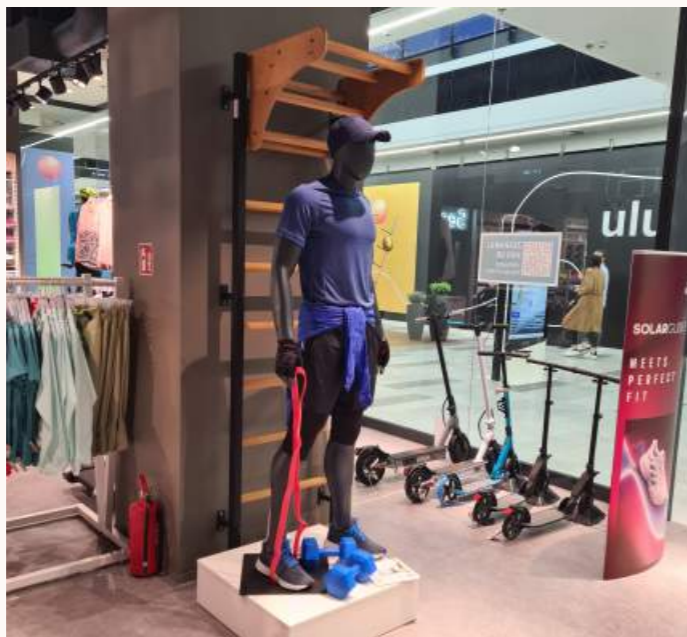


2021 September

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, Laliq or Versace.

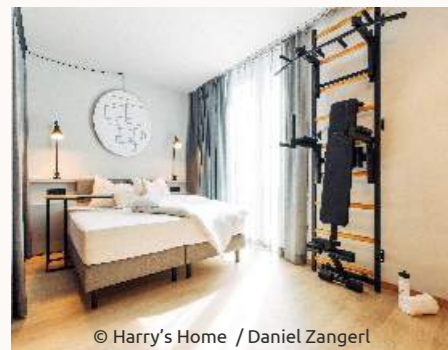




2021 September

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 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.





2022 June

SAN DIEGO, CA, USA
INTERNATIONAL TRADE FAIR FOR
THE SPORTS INDUSTRY - IHRSA 2023

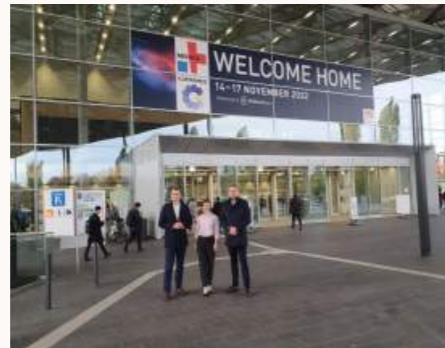
For the second time BenchK team participated in one of the biggest trade fair in North America which was held in San Diego in California. During this event we signed up an agreement with sole distributor in Canada, Treadmill Factory.



2022 November

DÜSSELDORF, GERMANY
INTERNATIONAL MEDICAL TRADE FAIR
MEDICA 2022

For the second time, we took part in the world's largest medical trade fair Medica. As always, the trade fair took place in Dusseldorf, Germany. This year, over 5,000 exhibitors from around the globe meet in one place to present their latest devices and products.



2023 April

COLOGNE, GERMANY
THE LARGEST FITNESS TRADE
FAIR IN THE WORLD - FIBO 2023

The biggest international fitness fair and leading trade for fitness, wellness and health in the world. At 70m2 stand we presented new additional equipment such as holder for punching bag and accessories made of natural leather such as boxing gloves, medical balls which received great positive feedback. The above mentioned products will be put in the offer by the end of 2023.



2023 June

COLOGNE, GERMANY
IMM COLOGNE 2023

Increasingly, BenchK sport furniture fits well in modern apartments, hotels and offices. After visiting BenchK stand, more and more architects from all over the world understand the importance of idea to integrate the BenchK concept in their projects - into our daily routine wherever we stay. BenchK became a piece of furniture what is completely trailblazing.



2023 June

LONDON, UNITED KINGDOM
ELEVATE 2023

For the first time BenchK team took part in Fitness Fair on British Isles in London. We presented BenchK concept and we got in touch with many potential clients who with we may form fruitful relationships in the future.



2023 October

OSTERRÖNFELD, GERMANY
SPORT-TIEDJE SALES FAIR 2023

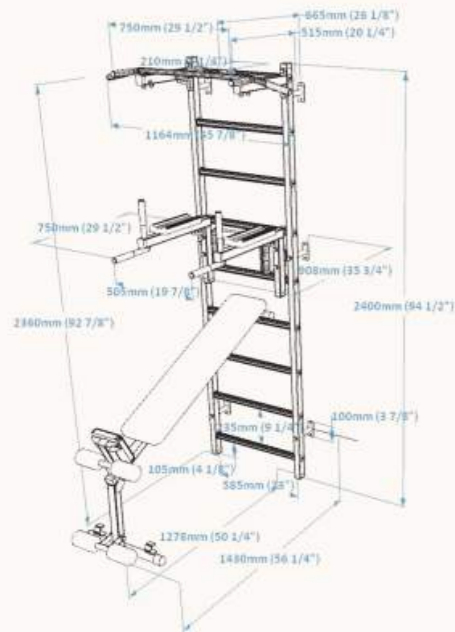
For the first time, we were invited to attend the internal trade show of one of the biggest sports retail chains Sport-Tiedje Sales Fair in Germany. This closed event was organized for long-term partners. The BenchK 7 Series drew a lot of attention during the Sport-Tiedje Sales Fair. It can include a white or black boxing bag holder and brown boxing bag.



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.



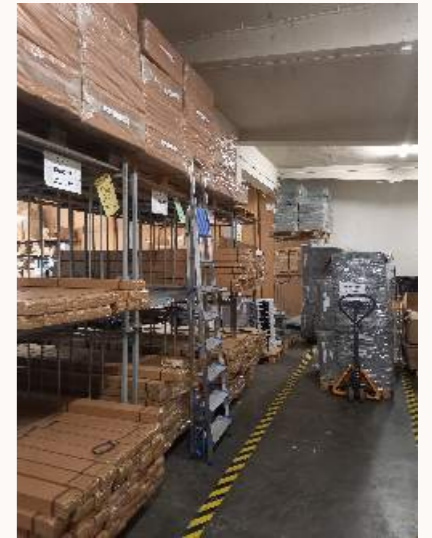
Every wooden element has been hand oiled with oil that is safe for food handling environments.



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.

BenchK[®]

lift yourself



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



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



Physiotherapy and rehabilitation centers



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



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



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

ideal for:



Architecture and Design ideas



Gaming and esports facilities



Military training centers

Multifunctional interior with BenchK:
- fitness corner
- space for fun
- stylish furniture



BenchK 111+A204



BenchK 111+A204



The height of the pull up bar and benchtop can be regulated to the height of the user.



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.

Benchtop helps to have the choice of standing or sitting to work. The optimal situation is to alternate between sitting and standing throughout a workday.

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





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



BenchK 523W

Thanks to the safety certificates BenchK is a fundamental element of physiotherapy and rehabilitation centers.



BenchK 700W

Lift yourself from the sofa and bring your dreams closer to reality.



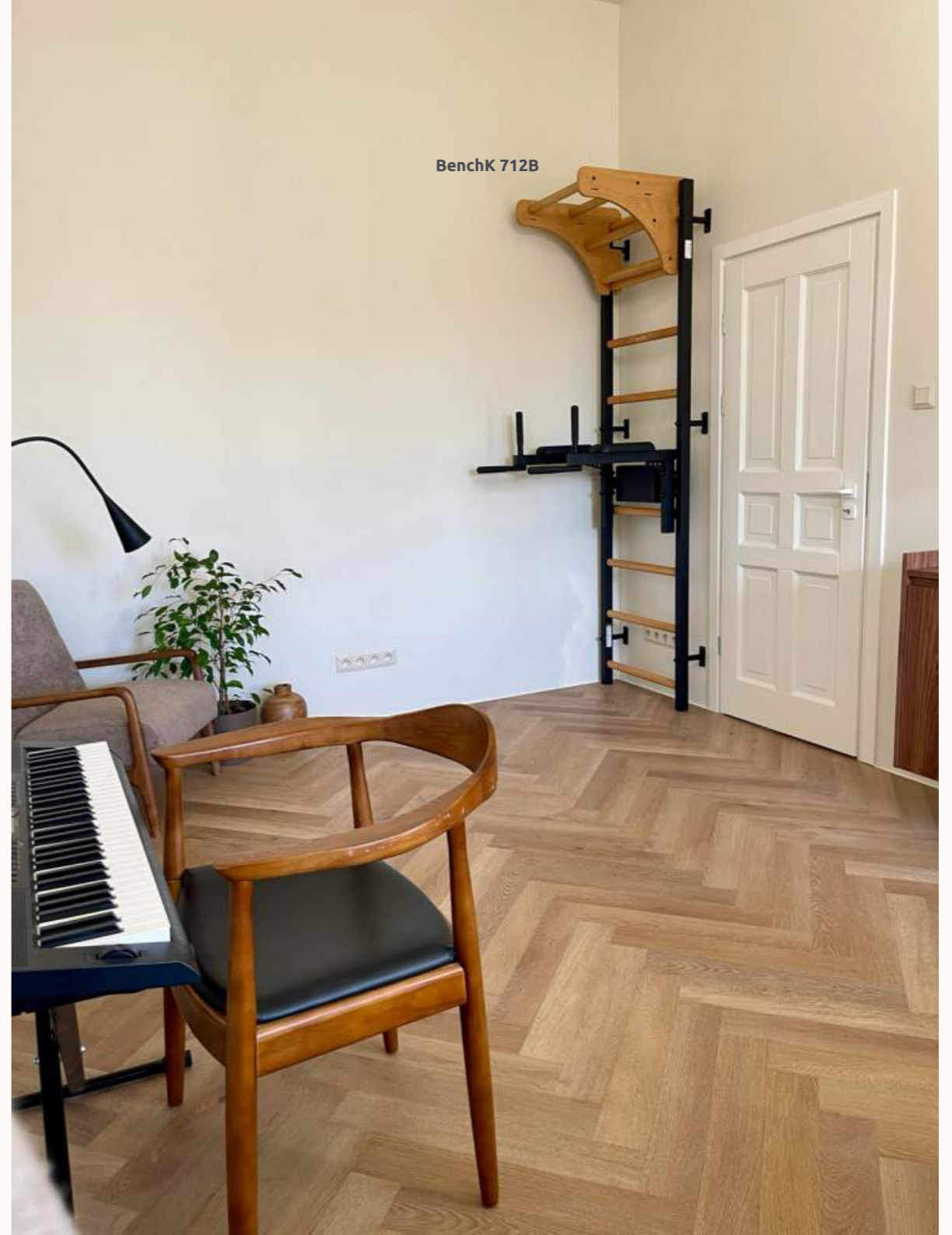
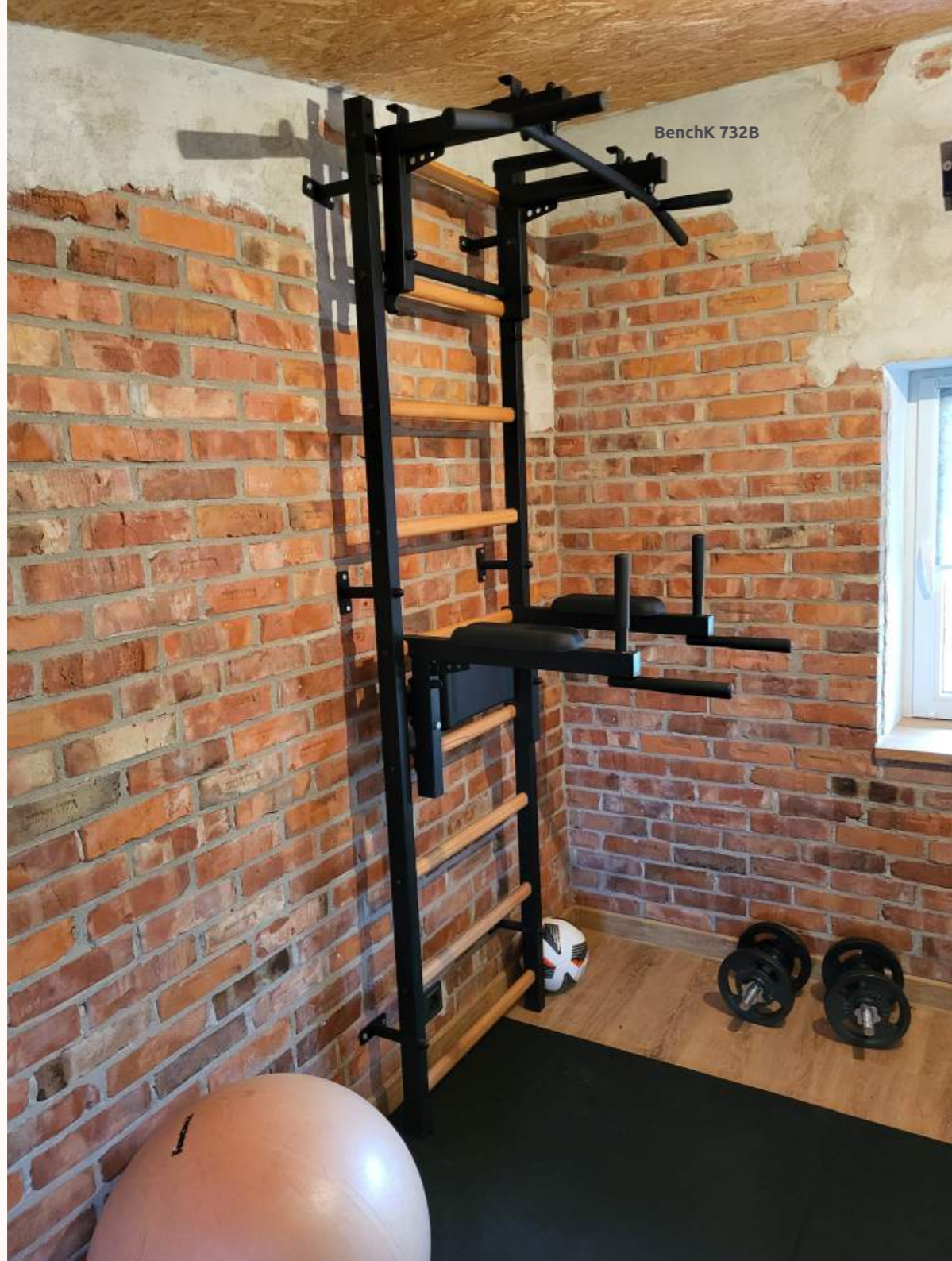




Do not be afraid to bend the rules to create a home or office that will match your life style.



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.

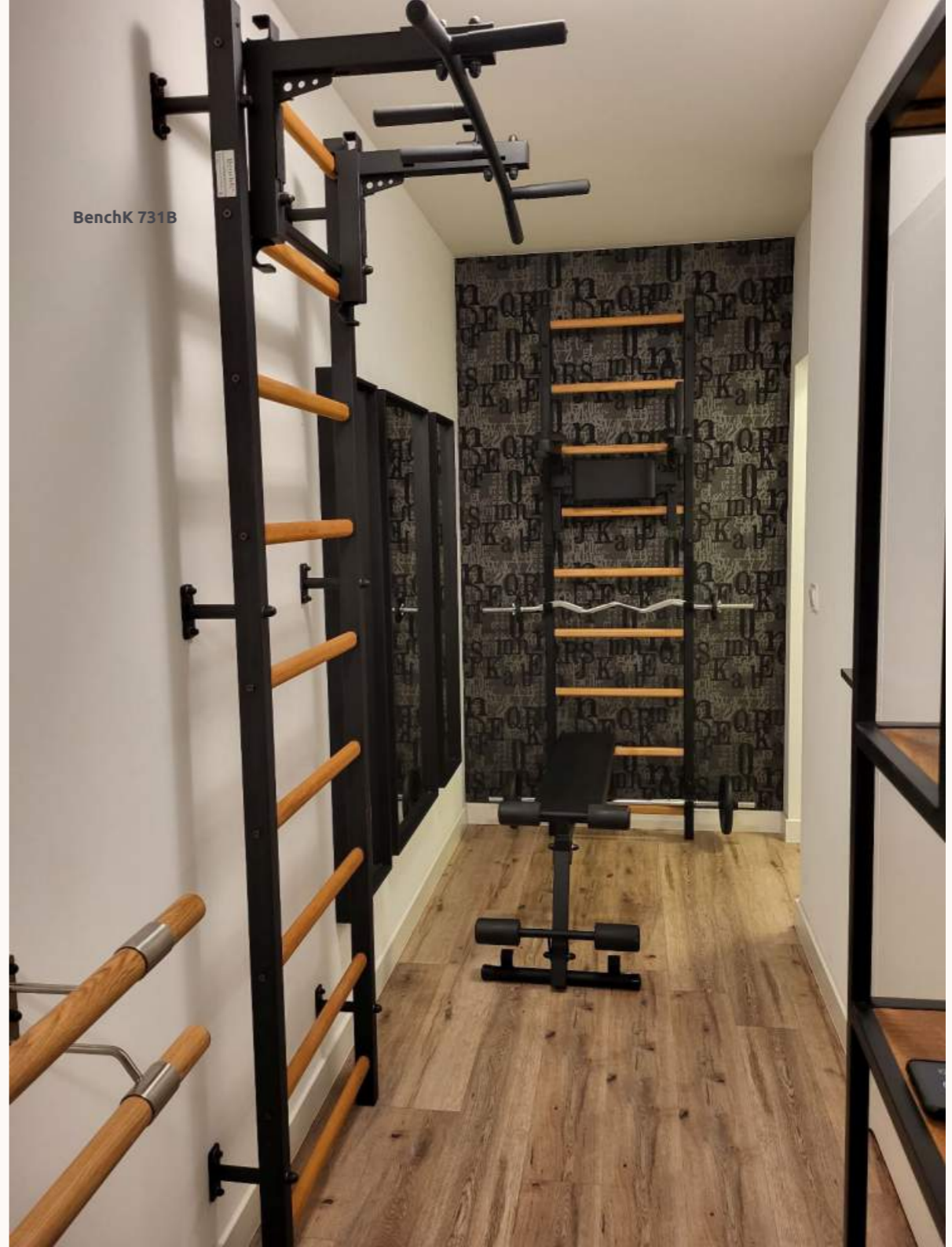


BenchK wall bars are designed in such a way that they do not take up much space not being used only as exercise equipment but also as a beautiful piece of furniture.

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



BenchK 732B



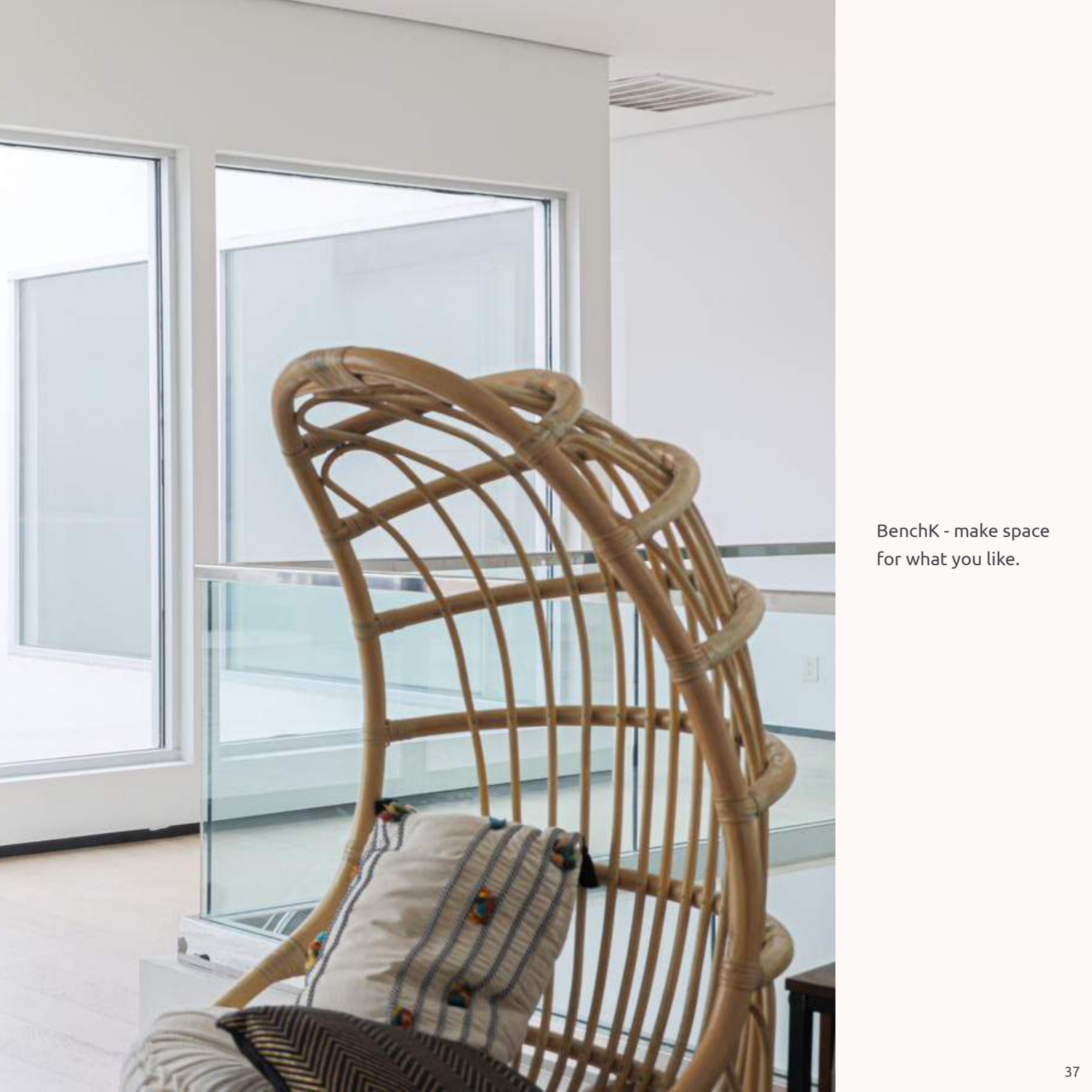
BenchK 731B



BenchK 733B



BenchK 733W



BenchK - make space for what you like.



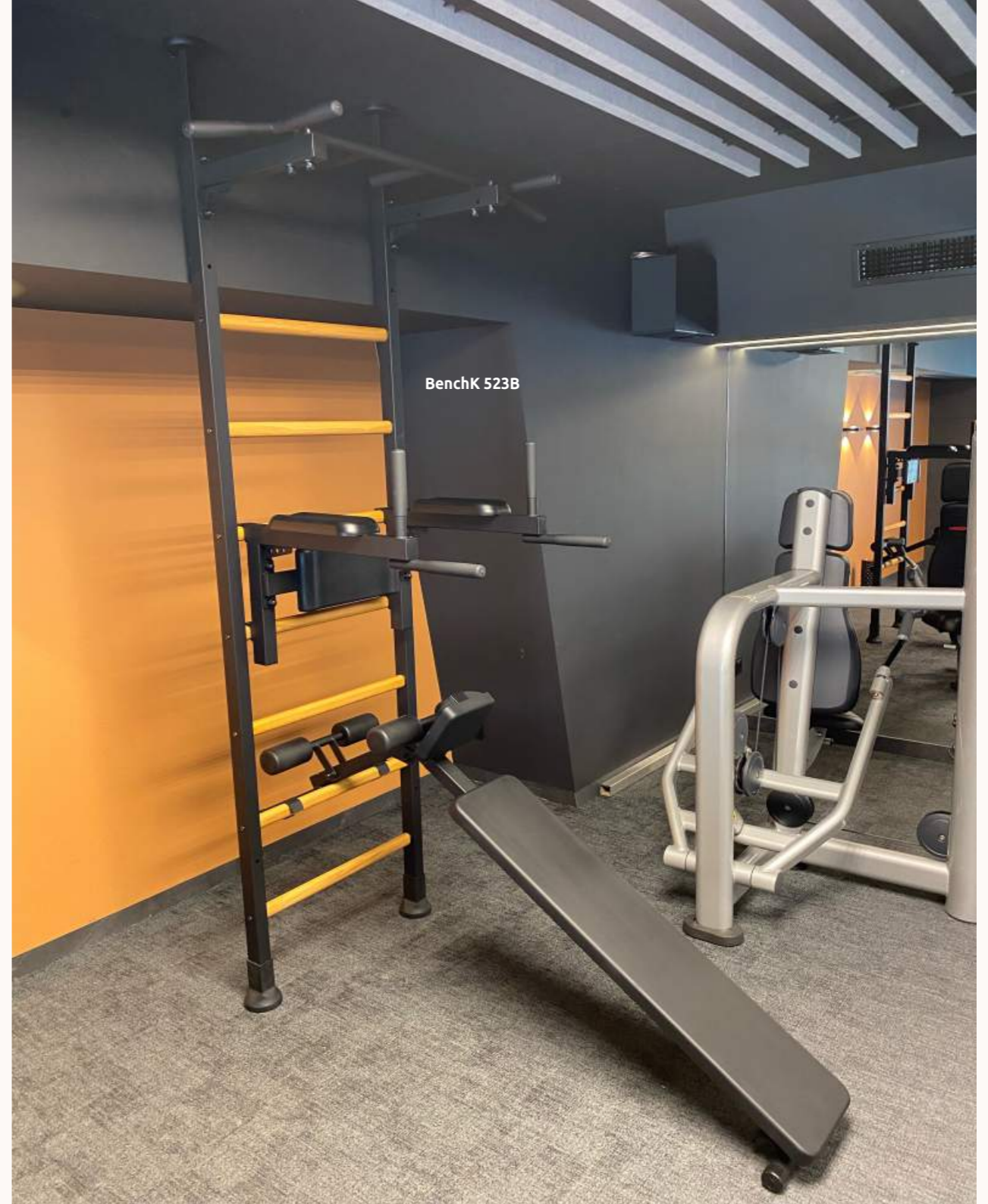
BenchK 722B



BenchK 200B

Create your own sports corner at the comfort of your home without the need to drive to the gym. Install BenchK wall bars to have a place and train as you like, alone or with friends and family.







BenchK 723B



BenchK 721B

Examples of BenchK exercises



Customer reviews



Robert Moss
4 reviews



As a physical therapist I was looking to utilize some stall bars in our new facility. I found several online that I liked but most were metal and took up more space than I wanted. Then I found the BenchK stall bars and their attachments. Not only did they take up less space but their combination of the metal frame and wood slats was the perfect blend of form and function. They blend in nicely with our facility and function great. The stall bars were packaged well and very easy to assemble. We installed them in several places and have started to use them extensively with all of our therapy patients. The stall bars have great functionality. We use them for stretching, as a stable anchor for patients to perform balance drills, attachment points for resistance bands and more aggressive exercises. We are very happy with the product and can't recommend them enough.
Dr. Robert Moss PT, ScD, OCS, FAAOMP



Simona C.I.
18 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 ❤️.



Car La
193 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 purchase recommendation!!



Magdalena Dobroś
27 reviews



(Translated by Google) A solidly made product from good quality materials. The combination of metal and wooden elements looks beautiful and classy. The desk overlay allows for more ergonomic work at the computer. You can stand or sit cross-legged on a pillow. Overall, a nice change from sitting in a chair at a desk, and you can also do some exercises during a break from work. We ordered the product in the BenchK online store. The parcel was sent very quickly. Thank you!.



BenchK 1 series

- H 220 cm (86 5/8") x W 64 cm (25 1/4")
- Wall mounting
- 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)

● Beech wood



BenchK 100



BenchK 111



BenchK 111+A204



BenchK 112



BenchK 112+A204

BenchK 2 series

- H 230 cm (90 1/2") x W 67 cm (26 3/8")
- Wall mounting
- 8 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Max. user weight: 120 kg (265 lbs)
- Minimum installation height requirement: 240 cm (94 1/2")

● Black
○ White



BenchK 200W



BenchK 211B



BenchK 211W + A204



BenchK 212B



BenchK 212B + A076



BenchK 221W



BenchK 221B + A076



BenchK 222W



BenchK 223B



BenchK 231W



BenchK 232B



BenchK 233W

BenchK 5 series

- H 240 cm x W 67 cm (94 1/2" x 26 3/8")
- Wall mounting 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")

● Black
○ White



BenchK 521W



BenchK 522B



BenchK 523W

BenchK 7 series

- H 240 cm x W 67 cm (94 1/2" x 26 3/8")
- Wall mounting
- 9 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Max. user weight: 150 kg (330 lbs)
- Minimum installation height requirement 250 cm (98 1/2")

● Black
○ White



BenchK 700B



BenchK 711W



BenchK 711W + A204



BenchK 712B



BenchK 721B



BenchK 721W + A204



BenchK 722B



BenchK 723W



BenchK 731W



BenchK 732B



BenchK 733W

Series Differences

Ladders



Series 1

Series 2

Series 5

Series 7

H = 220 cm (86 7/8")	H = 230 cm (90 1/2")	Adjustable: 240 cm (90 1/2") - 272 cm (107 1/8")	H = 240 cm (94 1/2")
W = 64 cm (25 1/4")	W = 67 cm (26 3/8")	W = 67 cm (26 3/8")	W = 67 cm (26 3/8")
Wall mounting	Wall mounting	Floor-to-ceiling / wall mounting	Wall mounting
Solid hand oiled beech wood	Steel and hand oiled beech wood	Steel and hand oiled beech wood	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)
Natural beech wood	Black or white	Black or white	Black or white
Pull-up bar: adjustable	Pull-up bar: adjustable or fixed to the top	Pull-up bar always included: fixed to the top	Pull-up bar: adjustable or fixed to the top
Optional add-ons: benchtop, gymnastic rings, and rope	Optional add-ons: dip bar, pull-up bar, bench, benchtop, gymnastic rings and rope	Optional add-ons: dip bar, bench, benchtop, gymnastic rings and rope	Optional add-ons: dip bar, pull-up bar, bench, desk top, gymnastic rings and rope

Pull-up Bars



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
the maximum barbell weight
is 200kg/441 lbs

Dip Bar



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



punching bag holder
BBHB

Bench



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



foldable gymnastic mattress

Gymnastic accessories



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

wooden gymnastic rings

round wooden swing with
a diameter of 30 cm



Benchtop

A204/A076