

lift yourself

Made in Poland

Contact our US and EU office for personalized advice and commercial pricing.

HEAD OFFICE

Benchmark Sp. z o.o.
35-103 Rzeszów
Hanasiewicza 15
POLAND

www.BenchK.com
biuro@benchk.com
tel.: +48 536 560 089

DISTRIBUTION CENTER

BenchK LLC
8020 118th
Ave N Largo 33773,
Florida, USA

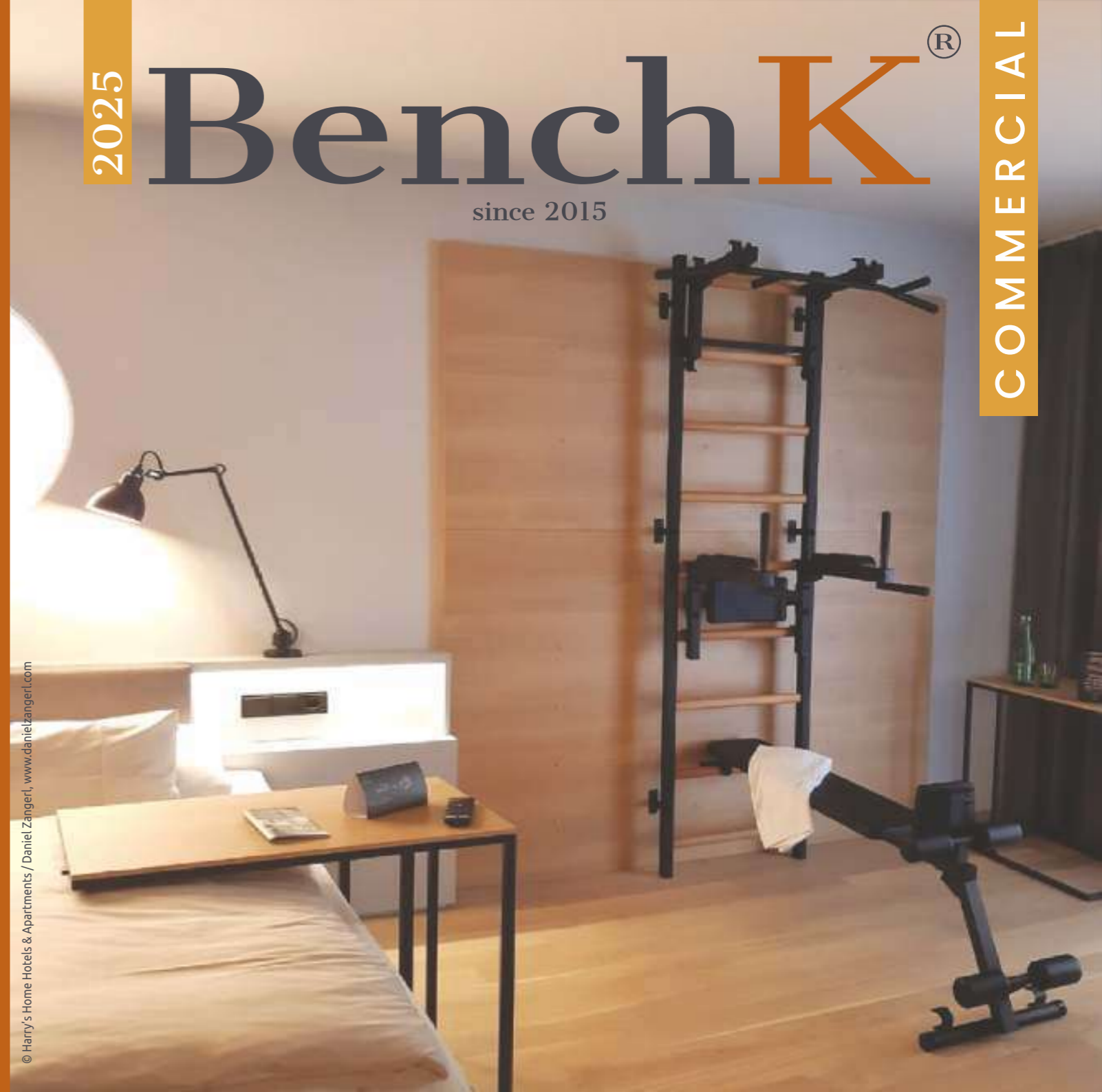
www.BenchK.us
biuro@benchk.com
tel.: +1 833 998 7727

2025

BenchK[®]

since 2015

COMMERCIAL



- A word From CEO 2
- BenchK ideal for 3
- Customizable BenchK System 4
- Where to buy BenchK 5
- A Brief History of BenchK 6-9
- How to 10-11
- Series Differences 12-13
- FSC Certification 14-15
- Pilates and Yoga 16-21
- Gyms 22-27
- Physiotherapy 28-31
- Hospitality 32-37
- Schools 38-41
- Offices 42-43
- Examples of BenchK exercises 44
- ECDESIGN 45
- Recoil 46-47



At BenchK, we are at the forefront of innovation.

We combined the worlds of sports and furniture to bring you a suitable, certified product that will last for generations.

Our mission is to integrate physical activity into everyday life, making BenchK your essential partner in the desire to be healthy and vital.

Vadym Zemlianyi
 Vadim Zemlianyi
 CEO, BenchK



BenchK[®] for:

lift yourself

Pilates studios



Hospitality



Gyms



Schools



Physiotherapy



Office spaces



Perfectly tailored to commercial gyms, boutique studios, hotels, and wellness centers.

Fully modular solutions – designed to fit any commercial space.

Mix, Match and Adapt.



Certified for commercial use

Global Delivery, BenchK Quality

HEAD OFFICE
Benchmark Sp. z o.o.
Rzeszów, POLAND

DISTRIBUTION CENTER
BenchK LLC
Largo, 33773
Florida, USA

Tested and approved to meet international and US safety standards.

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.



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.



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.



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 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. In June, 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.

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.

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 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.



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.



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.



A Brief History of BenchK

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.



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.



2023 June

LONDON, UNITED KINGDOM
ELEVATE 2023

For the first time BenchK team took part in Fitness Fair on British Isles in London.



2024 March

LOS ANGELES, CALIFORNIA
IHRSA 2024



We are excited to announce that BenchK participated in IHRSA 2024, the largest fitness trade show in the USA. The event allowed us to showcase our multifunctional fitness ladders, connect with industry experts, and explore new business opportunities.

2024 September

NEW YORK, USA
Beyond Active NYC Americas 2024

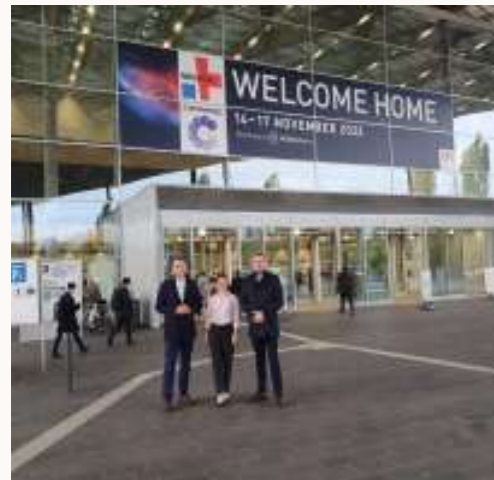
The BenchK US Team was thrilled to kick off at Beyond Active NYC Americas.

The event gathered over 700 health, fitness, and wellness leaders and investors.



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.

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 October

OSTERRÖNFELD, GERMANY
FITSHOP SALES FAIR 2023

For the first time, we were invited to attend the internal trade show of one of the biggest sports retail chains FITSHOP Sales Fair in Germany. This closed event was organized for long-term partners. The BenchK 7 Series drew a lot of attention during the FITSHOP Sales Fair.



2024 April

COLOGNE, GERMANY
FIBO 2024

We are delighted to announce that BenchK participated in FIBO 2024, the leading trade show for fitness, wellness, and health. FIBO is a key event for introducing new products and forging partnerships. Our participation highlighted our multifunctional fitness ladders and engaged fitness professionals.



2025 April

COLOGNE, GERMANY - FIBO 2025

2025 May

ORLANDO, FLORIDA, USA - SIBEC EVENTS

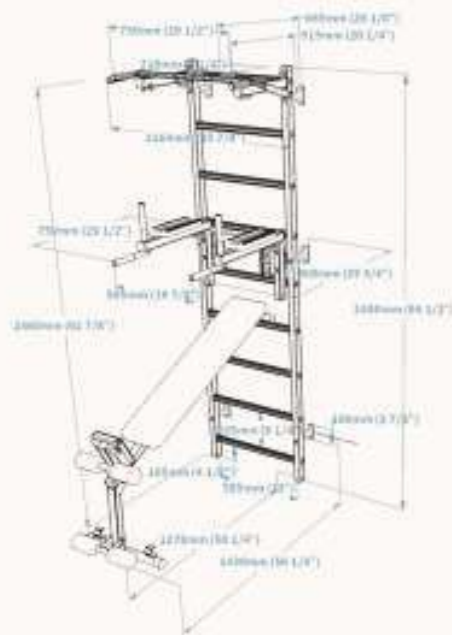
2025 October

TEXAS, USA - BEYOND ACTIV 2025

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.

Series Differences

Ladders



Series 1

Series 2

Series 5

Series 7

H = 220 cm (86 3/8")	H = 230 cm (90 1/2")	Adjustable: 240 cm (94 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: gymnastic rings, and rope	Optional add-ons: dip bar, pull-up bar, bench, gymnastic rings and rope	Optional add-ons: dip bar, bench, gymnastic rings and rope	Optional add-ons: dip bar, pull-up bar, bench, 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 DBIW
DBIW



punching bag holder
BBHB

Bench



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



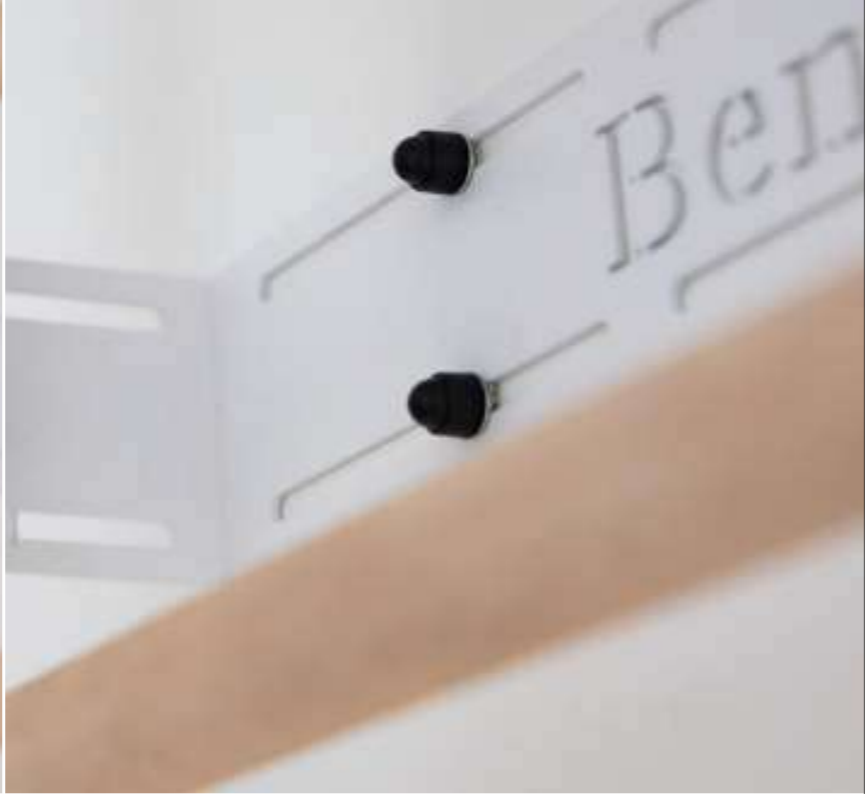
foldable gymnastic mattress



Recoil

Gymnastic accessories





European
Craftsmanship

Proudly Made in Poland



FSC Certification



Responsibly sourced
– FSC certified Beech Wood



See it in action!





See it in action!



See it in action!





See it in action!



See it in action!



PHYSIOTHERAPY



Robert Moss
4 reviews • 2 photos
★★★★★ 1 year ago

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, FAAOMPT

PHYSIOTHERAPY





See it in action!







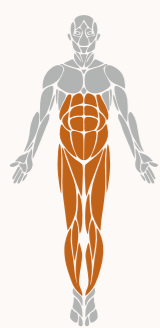
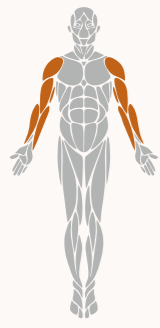
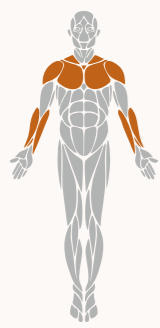


See it in action!





Examples of BenchK exercises



With **ECDESIGN** you can visualize and plan spaces in minutes. Smart 3D planning for gyms&repair shops.

Safety First – "Certified and safe for commercial and professional use."



See it in action!



NEAT AND TIDY



RECOIL



OTHERS

EASY ADJUSTMENT



RECOIL



OTHERS

SELF LEVELLING



RECOIL



OTHERS