Olympic Flat Spotter Bench

Keystone | VST700-FW88



Our Olympic Flat Spotter Bench with built-in spotter arm is ideal for dedicated strength training enthusiasts seeking to maximize the muscles of their chest using heavy free weights. It's been tested to withstand hard use in tough environments, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra- stable design is as easy-to-use as it is low-maintenance.

Product availability may vary by region. Please contact your local office for more information.

Frame	
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Tech Specs	
Overall Dimensions	183 x 170.9 x 131.4 cm / 72.1" x 67.3" x 51.7"
Product Weight	111 kg / 245 lbs.
Max User Weight	150 kg / 330 lbs.
Max Training Weight	300 kg / 660 lbs.

User Amenities	
Upholstery	Polyurethane molded foam
Inner Storage Horns	Optional 4 inner horns for extra weight-storage (VST700-FWSH)
Spotter Platform	Optional (VST700-FWSP)