

396 Multi-Purpose Bench



Ships via *Freight class 125*

Dimensions:

Shipping	Product
US / Metric	US / Metric
70 lbs. / 26 kg	60 lbs. / 22 kg
L - 50" / 127 cm	L - 48" / 76 cm
W - 17" / 43 cm	W - 16" / 76 cm
H - 19" / 48 cm	H - 18" / 190 cm

Optional 397 Weight:

12 lbs

Ship: UPS or Freight with Bench
(Recommended)

specifications

Vendor Part Number:

396 - Multi-Purpose Bench

Suggested Retail Price:

396 - \$ 995

Options:

397 - Shoulder Rotation Attachment
Suggested Retail Price: \$275

Construction:

Durable powder coated 2" 11 gauge tubing and high quality upholstery and foam pads.

Assembly:

None required

Function:

Used alone or together with Endorphin pulleys this multi functional bench aids in restoring upper body flexibility, coordination, endurance & strength. By reducing the force of gravity and limiting spinal range it allows for early rehab of the spine. To provide a wide range of exercises the seats adjusts into many configurations.

Function: *Optional 397 Shoulder Rotation Attachment:*

This accessory for the training bench can be used in conjunction with a pulley system. There are numerous treatment possibilities and very adaptable positioning. Features include: 180° horizontal rotational motion, 45° vertical arm adjustment, forearm support pad with adjustable handle and height adjustable positioning.

Features:

- Front seat over the wheels adjusts from horizontal up to 10° (12"x16")
- Narrow back support (8"x30") lengthens 11" to 25" in 1" increments and goes from horizontal to 90° — can be locked at multiple degrees in between by a range limiter.
- Removable head support (8"x12") provides additional support for the head/neck and extends the bench 12". A shoulder rotation trainer can be attached.



Endorphin's industry best warranty:

- 1 year bumper to bumper on all parts
- 5 years on all moving parts
- 20 years on the frame