

# BenchK<sup>®</sup>

lift yourself



since 2015

Sports furniture



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. We developed BenchK sports furniture.

BenchK is a team of people committed to building a healthy future. We know the pressures of modern life require a new approach to health and fitness. We know that a healthy lifestyle starts from a young age and continues through adulthood. We know that the choices we make we pass down to the next generation. That's why BenchK is the right choice.

Made to the highest quality, with perfect functionality BenchK wall bars are the piece of sports furniture that no place should be without.

BenchK is an investment for health and the future.

We would love you to become an ambassador for BenchK.

*Vadim Zemlianyi*

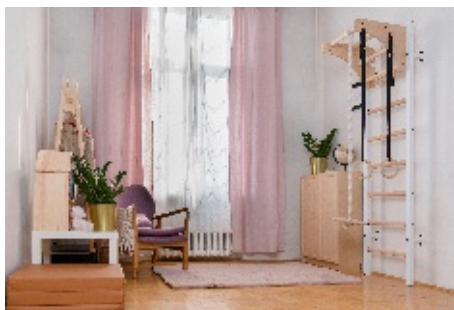
Vadim Zemlianyi  
CEO, BenchK

# BenchK<sup>®</sup>

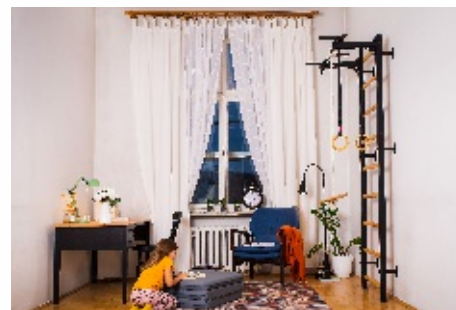
lift yourself



BenchK series 110



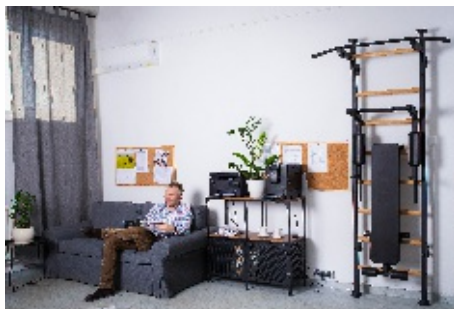
BenchK series 210  
in Black or White



BenchK series 310  
in Black or White



BenchK series 410



BenchK series 510



BenchK series 710  
in Black or White

Gymnastic ladder - probably the most universal sport item in the world, was invented in Sweden where it is called „ribbstol”, which literally means „a frame with crosspieces”.



Pehr Henrik Ling

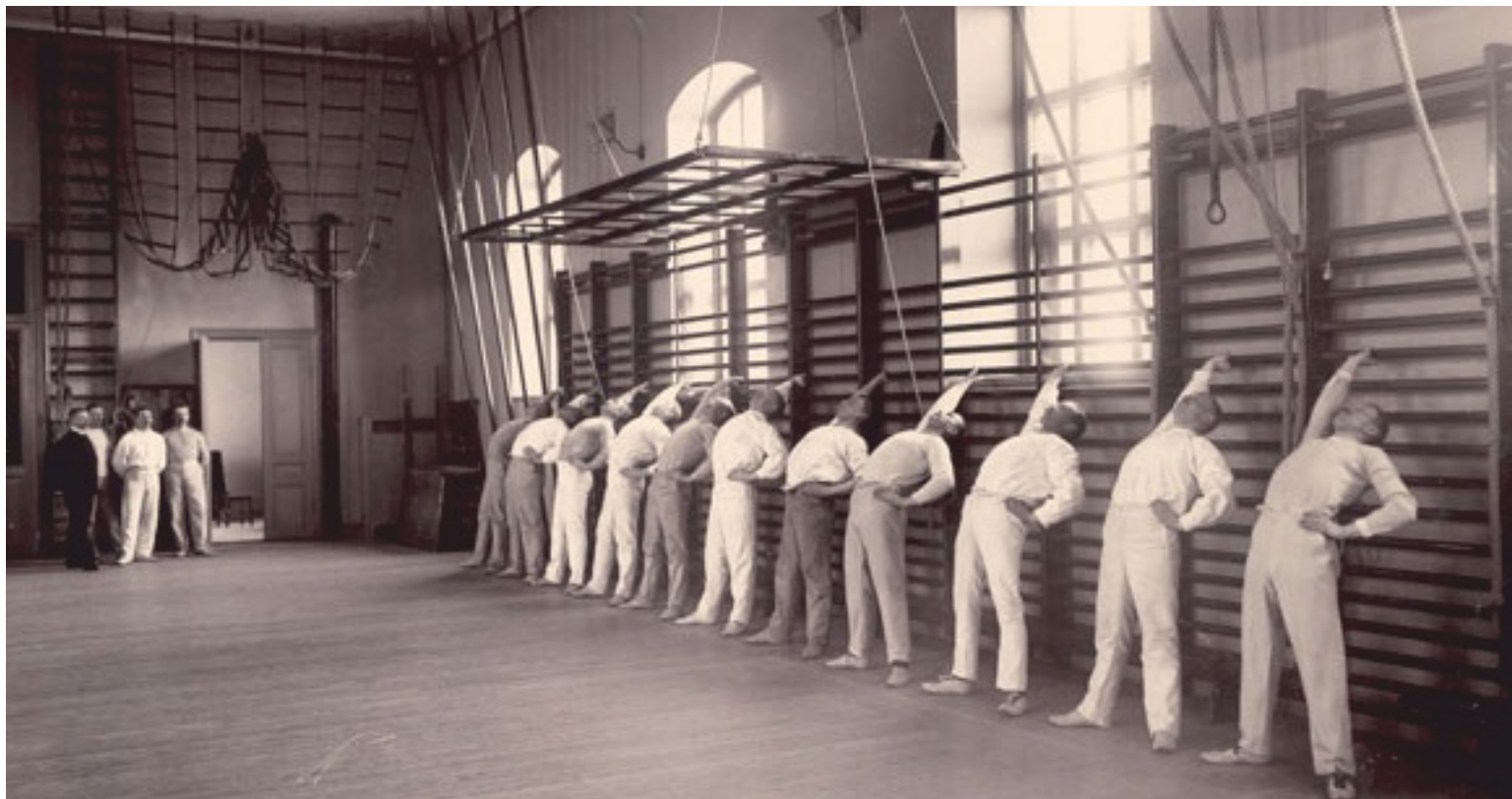
The Swedish ladder became the basis for a gymnastic system developed by Pehr Henrik Ling (1776-1839). The poet, playwright and fencing teacher, Ling wished to create a physical preparation system that would contribute to the upbringing of a harmonious personality. As a staunch patriot, Ling hoped that his system would help Swedes regain strength and the will of their ancestors to restore the country's former military glory. In 1813, with the permission of Swedish king Charles XIII, Ling founded the Central Gymnastics Institute in Stockholm, the first university in Sweden which specialized in educating Physical Education teachers for the army and schools. After Ling's death, his son Hjalmar continued with Swedish gymnastics and its famous attributes: the gymnastic ladder, the balance beam and the bench. Thanks to him, they became popular all over the world.



BenchK modified an ordinary Swedish ladder and created a more functional and durable sport device for contemporary people.

BenchK's mission is to promote „ladder gym” worldwide. We want BenchK wall bars to become an affordable and indispensable aid in the pursuit of a healthy lifestyle everywhere people are. BenchK strives to provide everyone with the opportunity to take care of their own physical and psychological form. BenchK are convinced that the sports corner will become an essential element of every apartment, house, gym, hotels, kindergarden and many more.

BenchK multifunctional wall bars meet strict safety standards and can be useful in hotels, professional gyms and rehabilitation centers.



# BenchK 112



BenchK wall bars make everyday life easier.

They are designed in such a way that they do not take up much space and serve not only as exercise equipment but also beautiful furniture.

## BenchK 112 + BenchTop

BenchK series 110  
wall bars made of solid  
beech wood.

A room for children that  
parents will also love.





People use BenchK furniture in a creative way  
and we are all for it because BenchK furniture is multi-functional.

## BenchK 111

Create a space  
that fits your life.





## BenchK 112

3D models of all BenchK products are available directly from a link on the BenchK home page [www.benchk.com](http://www.benchk.com).

This way designers and architects can effectively integrate BenchK into design projects.





BenchK 511+A/076



BenchK 210B

## BenchK Benchtop BT076M

Thanks to the benchtop placed on the pull-up bar, the bar can easily serve as a desk for standing and sitting work, for a child and for an adult.



## BenchK 222B

**Who said that in a small space you cannot have everything?**

**If you can only invest in one thing at home - invest in health.**



## BenchK 311B



In Benchk products, it's the details that are important:  
pleasant and warm wood combined with solid and stylish metalwork.

## BenchK 212B

## BenchK 212B



Thanks to the modern technologies used in the production of the new generation BenchK wall bars, BenchK is not only sports equipment but sports furniture which meets the requirements of the modern home.

## BenchK 311B



Thanks to their safety certificates, BenchK clients include professional gyms, rehabilitation centers, hospitals, fitness clubs, martial arts schools and public institutions.



## BenchK 211W





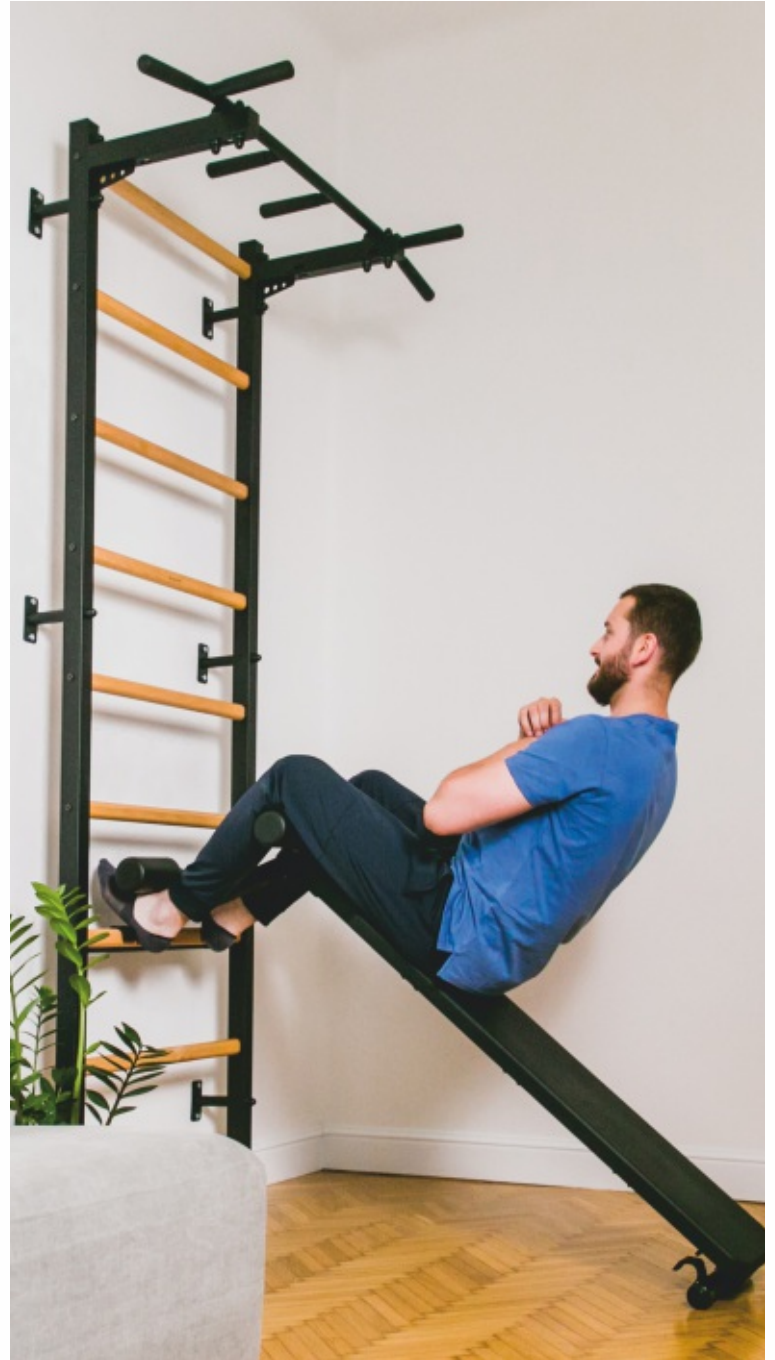
## BenchK 311B

Family time.  
Time for yourself.  
Party time.

With a BenchK wall bar there  
is time for everything.



## BenchK 311B



## BenchK 513



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

## BenchK 512

In Series BenchK 410/510  
the top rung is positioned  
8 cm from the profiles and  
is integrated into the  
pull up bar.

BenchK Dip Bar DB510  
also function  
as a barbell holder.



## BenchK 412

You never know what tomorrow will bring.

But no matter where your life takes you, your ceiling-floor mounted gymnastic wall bar can move with you.



## BenchK 412



For wall mounting a minimum depth of wall of 15 cm is required.

BenchK series 410 and BenchK series 510 do not require wall mounting.  
Thanks to the ceiling - floor mounting, there is no need to drill holes.

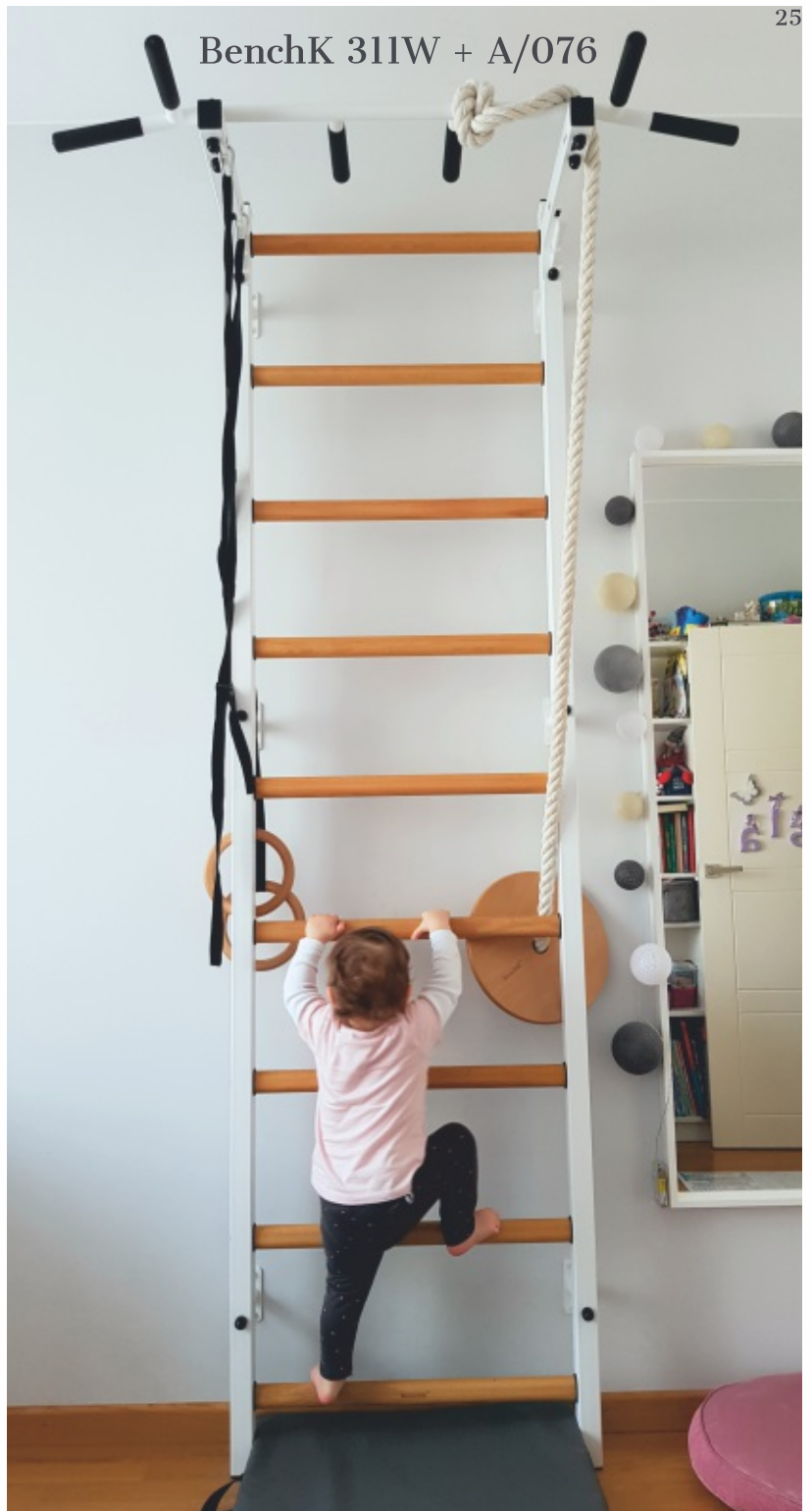
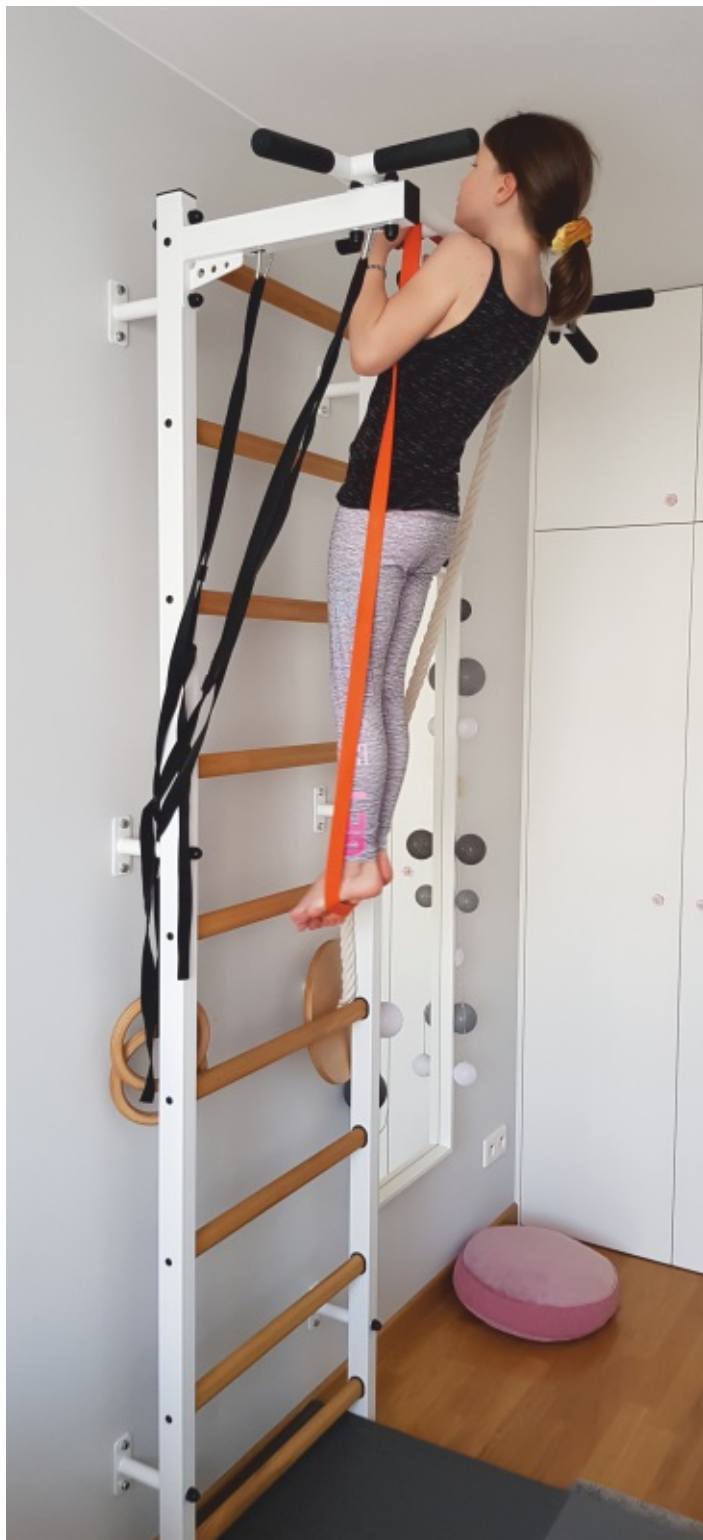


Project - reformadomu.pl  
Picture - bobrowiczfotografia.pl

bobrowiczfotografia.pl

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







## BenchK 413

Children want to be where their parents are.  
Therefore, make the time spent with your  
child effective for yourself and for your comfort.  
Fun and safety are an integral part of BenchK design.





BenchK 412

BenchK 310/710W  
+ B310/710W + DB310/710W



BenchK 310/710B + B310/710B





## BenchK 712W

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

All designs have been issued Registered Community Design certificates by EUIPO.



## BenchK 711W



Make room to live...

Think about what your day looks like, what you love to do, what you dream about. Then go ahead and make it a reality in your perfect place. A place for passion, for sport, for living - we need this every day just as we need oxygen to breathe.

## BenchK 713B



Photo from Harry's Home Holding AG  
© Daniel Zangerl, [www.danielzangerl.com](http://www.danielzangerl.com)



## BenchK 712B



A BenchK wall bar is a fundamental element of each professional gym.

## BenchK 310B

### Which wall bar is right for you?

Choose a wall bar that is the right height - allow 30-40 cm of headroom above the pull up bar.



## BenchK 713B

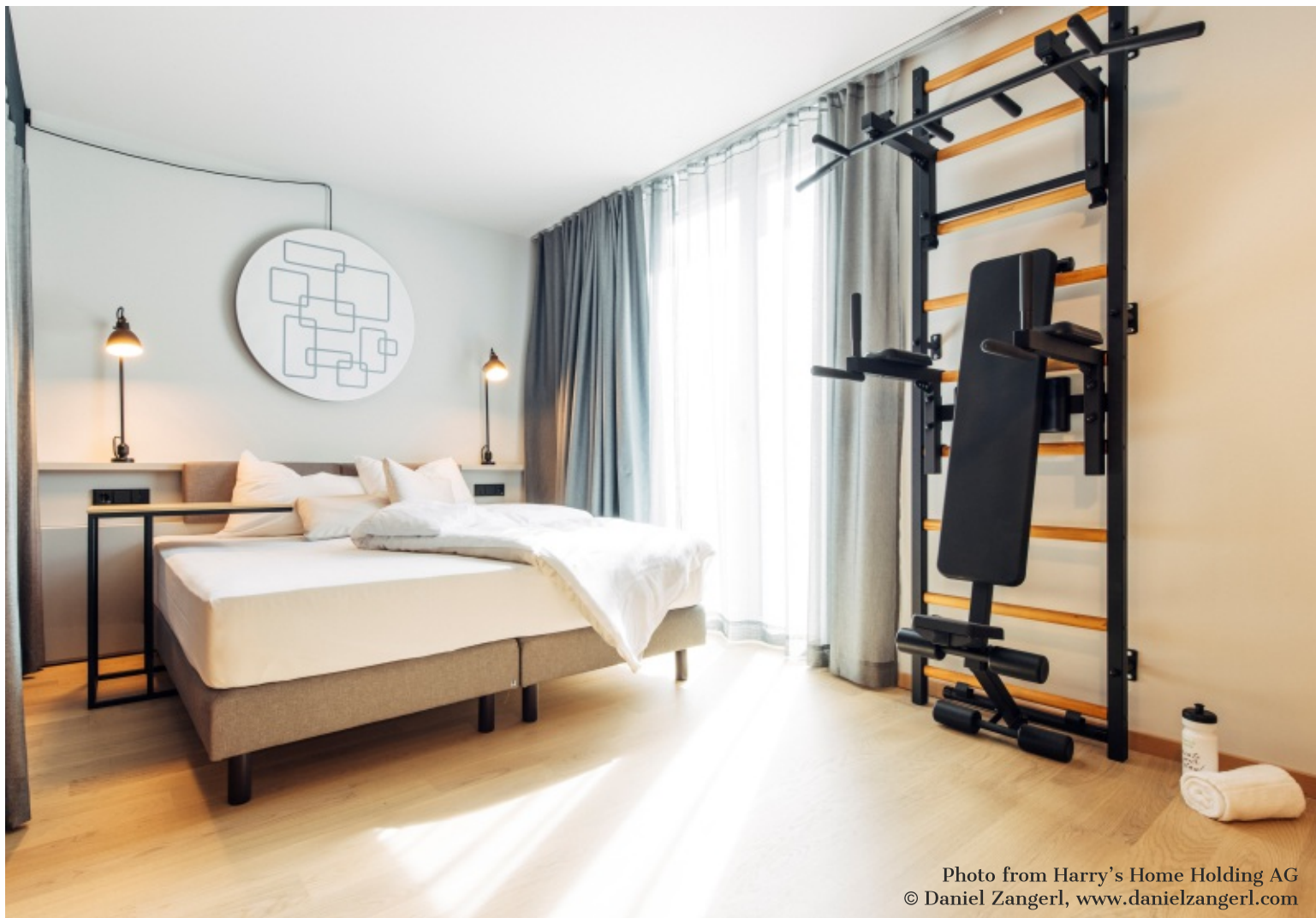


Photo from Harry's Home Holding AG  
© Daniel Zangerl, [www.danielzangerl.com](http://www.danielzangerl.com)

## BenchK 310/710B + PB076 + A076



Photo - sfstudio.pl

## BenchK 713B



## BenchK D8 2 in 1 Pull Up Bar



**Who said that in a small space you cannot have everything?**

**If you can only invest in one thing at home - invest in health.**



Incorporating the functionality and quality of BenchK wall bars  
in a more compact design.  
With just 4 small hooks on the wall, multiple  
training options are possible.

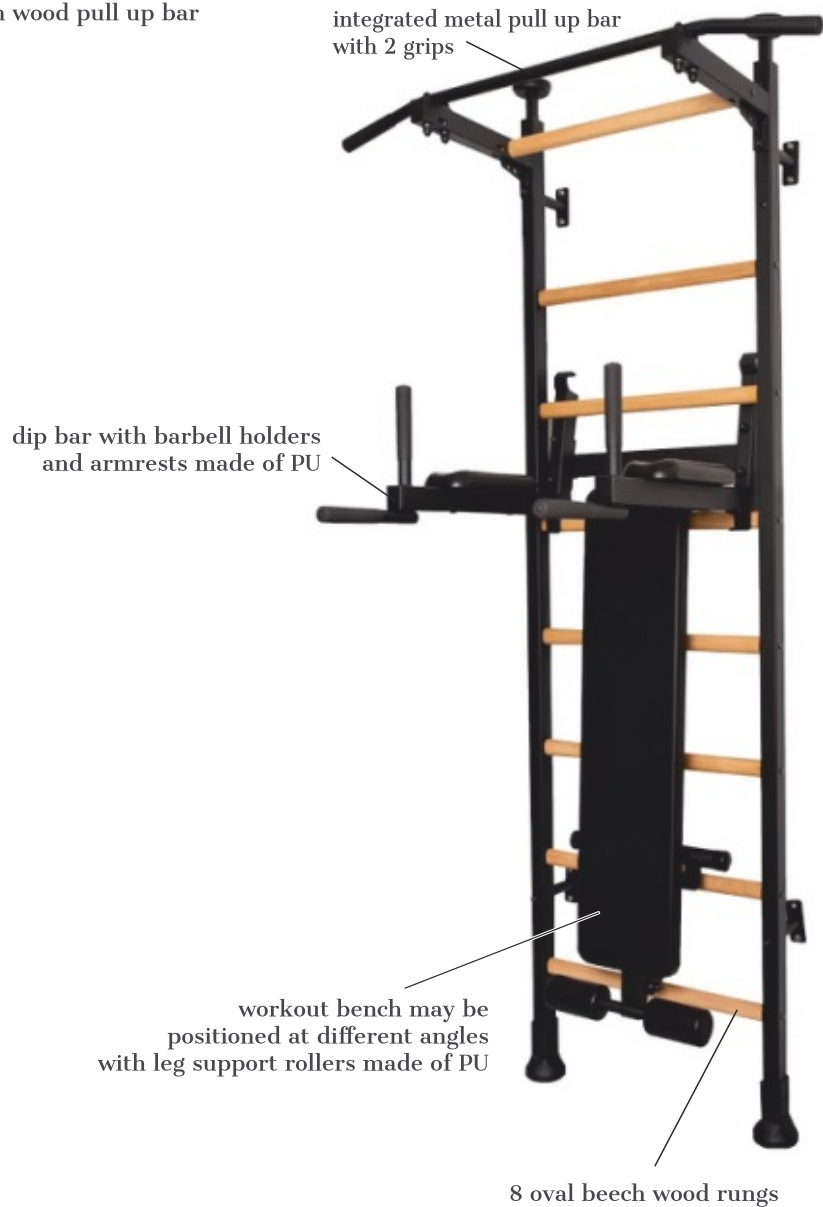
## BenchK 212B

wall mounted



## BenchK 513

wall mounted or ceiling & floor mount





## BenchK 313B

wall mounted

top mounted metal pull up bar with 6 grips



9 oval beech wood rungs

## BenchK 713B

wall mounted

removable metal pull up bar with 6 grips and barbell holders



9 oval beech wood rungs

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

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

## BenchK series 110

- H 220 cm x W 67 cm
- Wall mounted beech wood construction
- 8 oval beech wood rungs (30 mm x 40 mm)
- Removable beech wood pull up bar
- Max. user weight: 120 kg
- Minimum installation height requirement: 230 cm
- Color: light beech wood
- Gymnastic accessories: wooden gymnastic rings, cotton rope, wooden swing



BenchK 112



BenchK 110



BenchK 111



Gymnastic accessories A/204



Pull Up Bar PB 204



BenchTop

## BenchK series 210

(available in Black or White)

- H 230 cm x W 67 cm
- Wall mounted
- 8 oval beech wood rungs (30 mm x 40 mm)
- Removable beech wood pull up bar
- Max. user weight: 120 kg
- Minimum installation height requirement: 240 cm
- Gymnastic accessories: wooden gymnastic rings, cotton rope, wooden swing



BenchK 212W



BenchK 212B



BenchK 210B



BenchK 211B



Pull Up Bar PB 076



BenchTop



Gymnastic accessories A/076

## BenchK series 310

(available in Black or White)

- H 240 cm x W 67 cm
- Wall mounted
- 9 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 250 cm
- Optional attachments: dip bar with armrests and back support, bench with additional seat and legs rollers, gymnastic accessories



BenchK 311B+A/076



BenchK 311W



BenchK 310B



BenchK 311B

BenchK 310B+  
Wooden Pull Up Bar

BenchK 312B



BenchK 313B



Dip Bar DB 310B/710B



Bench B310B/710B



Metal Pull Up Bar PB 310B



Pull Up Bar PB 076



Gymnastic accessories A/076

## BenchK series 410

- H 230-240 cm x W 67 cm
- Wall mounted or ceiling & floor mount (from 240 cm to 272 cm)
- 8 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 240 cm
- Optional attachments: dip bar with armrests and barbell holders, bench, gymnastic accessories



BenchK 414



BenchK 412



BenchK 413



Dip Bar DB410



Bench B410



Gymnastic accessories A/204

## BenchK series 510

- H 230-240 cm x W 67 cm
- Wall mounted or ceiling & floor mount (from 240 cm to 272 cm)
- 8 oval beech wood rungs (30 mm x 40 mm)
- Top mounted metal pull up bar
- Max. user weight: 150 kg
- Minimum installation height requirement: 240 cm
- Optional attachments: dip bar with armrests and barbell holders, bench



BenchK 513



BenchK 511



BenchK 512



Dip Bar DB510



Bench B510

## BenchK series 710

(available in Black or White)

- H 240 cm x W 67 cm
- Wall mounted
- 9 oval beech wood rungs (30 mm x 40 mm)
- Removable metal pull up bar with barbell holders
- Max. user weight: 150 kg
- Minimum installation height requirement 250 cm
- Optional attachments: dip bar with armrests and back support, rotatable bench with removable bench seat and additional legs support rollers



BenchK 713W



BenchK 713B



BenchK 710B



BenchK 711B



BenchK 712B



Dip Bar DB 310B/710B



Pull Up Bar PB 710B



Bench B310B/710B



# BenchK<sup>®</sup>

lift yourself

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