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7 Best Weight Benches of 2024

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A weight bench is a versatile piece of strength training equipment that allows exercisers to do several functional training movements, including the bench press, seated overhead press, Bulgarian split squats, and hip thrusts.

Mike Julom, American Council on Exercise (ACE)-certified personal trainer, says that weight benches are an essential piece of gear in every home gym. “A weight bench significantly enhances [strength training](#) by enabling a wide range of exercises and letting you hit muscles from all angles,” he says.

As a certified personal trainer and functional training specialist, I’ll detail the top weight benches available for your home gym. The REP Fitness AB-3100 Adjustable Weight Bench is our best overall pick because it’s durable and has lots of features for a reasonable price. Our list also includes other options to suit a range of budgets, spaces, and fitness goals.

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Best Overall

REP Fitness AB-3100 Adjustable Weight Bench...

**PROS:**

- ✓ Affordable
- ✓ Six angle options for the back pad and three for the seat
- ✓ 700-pound weight capacity
- ✓ Easy ladder-style adjustment mechanism
- ✓ Grippy, easy-to-clean vinyl upholstery

CONS:

- ✗ 1.75-inch gap between back and seat pad
- ✗ No decline option

[Buy From Amazon](#)

The AB-3100 adjustable weight bench from REP Fitness features a total of nine different lockout positions – six angles for the back pad and three for the seat – that are easy to change thanks to the simple ladder-style adjustment mechanism.

This adjustable bench can support a maximum weight of 700 pounds and boasts an ultra-grippy vinyl upholstery fabric to prevent sweaty hands from

slipping.

Weighing 70 pounds, the AB-3100 may be on the hefty side, but it’s equipped with a handle and transport wheels that make it portable. The three-post design means you have complete freedom of movement during the bench press, as opposed to feeling cramped with two posts underfoot.

There’s a slight gap between the seat pad and the back pad, which isn’t ideal but is workable. Additionally, this bench doesn’t have a decline option. Still, the AB-3100 is an amazing value: It’s reasonably priced for its features, has a sturdy construction, and offers sufficient versatility and capacity for the vast majority of lifters.

Specs

List Price:	\$269.99
Adjustable Positions:	6 back adjustments; 3 seat adjustments
Product Weight:	70 lbs.
Weight Capacity:	700 lbs.

[Buy From Amazon »](#)

Best Budget

FLYBIRD Adjustable Weight Bench FB149 »

**PROS:**

- ✓ Affordable and versatile
- ✓ 800-pound weight capacity
- ✓ Portable, weighing less than 30 pounds
- ✓ Three seat angles and eight back angles
- ✓ Two decline angles
- ✓ Ships assembled

CONS:

- ✗ Individuals taller than 6'2" will likely find this bench too short
- ✗ 2-inch gap between back pad and seat pad

[Buy From Amazon](#)

The FLYBIRD Adjustable Weight Bench FB149 is a go-to recommendation for anyone seeking a high-capacity adjustable bench for a low price. At a list price of \$170, this FLYBIRD weight bench is a tremendous value.

It features 11 total adjustments: Eight for the back pad and three for the seat, including two decline angles. It can support up to 800 pounds, which is more

than most benches at this price point and even more than some more expensive models.

Further, the bench itself weighs less than 30 pounds, making it one of the most portable options available. Plus, this bench folds up for storage, so you can move it out of the way when not exercising. Since it ships assembled, it's ready to go as soon as you open the box.

Although the seat height of 18.8 inches surpasses the standard height of 17 inches, The seat height may be too low for taller users. Additionally, some customers say that the 2-inch gap between the seat and the back pad is frustrating.

All things considered, the FLYBIRD FB149 has a robust build quality and an impressive set of features for an attractive price point.

Specs

List Price:	\$169.98
Adjustable Positions:	8 back adjustments; 3 seat adjustments
Product Weight:	28.5 lbs.
Weight Capacity:	800 lbs.

[Buy From Amazon »](#)

Most Versatile

Ironmaster Super Bench Pro V2 »

**PROS:**

- ✓ Can be a flat, incline, decline, or upright bench
- ✓ 11 lockout angles
- ✓ Durable stitched vinyl upholstery
- ✓ Dense, firm back and seat pads
- ✓ Compatible with Ironmaster Pro accessories

CONS:

- ✗ Back pad is narrow at 10.25 inches
- ✗ Vinyl upholstery is smooth, so may get slippery

[Buy From Ironmaster](#)

When it comes to versatility, the Ironmaster Super Bench Pro V2 is a standout. This adjustable weight bench allows you to perform a variety of exercises in the flat, incline, decline, and upright positions. Thanks to its 11 lockout angles and accessory compatibility, the Super Bench Pro V2 can function as a simple flat bench or a full-fledged workout machine with

attachments for core, leg, and pulling exercises, as well as anything in between.

Costing close to \$500, this bench is certainly on the pricey side, but it’s palatable when you consider the potential for exercise variation. With accessories, this bench can serve as a core training apparatus as well as a cable machine that allows you to do lat pull-downs, seated rows, pull-ups, sit-ups, dips, and more. It can also turn into a preacher curl bench and reverse hyper.

Of course, you’ll pay more for all of the accessories – but if you’re looking for an all-in-one weight training solution that starts with a bench, this is it.

The bench, though heavy-duty, is easy to move with the integrated handle and wheels. You can separately purchase extra wheels and an additional handle if you want transport mechanisms on both sides of the bench. It ships assembled with the exception of the wheels, so it’s nearly ready to go when it arrives.

Specs

List Price:

\$499

Adjustable Positions:

11

Product Weight:

65 lbs. without seat; 69 lbs. with seat

Weight Capacity:

1,000 lbs. in flat position; 600 lbs. in incline and decline positions

[Buy From Ironmaster »](#)

Best Flat

Titan Fitness Elite Series Single Post Flat Benc...

**PROS:**

- ✓ Stable, durable construction (11-gauge steel)
- ✓ Standard 17-inch height and 12-inch pad
- ✓ Grippy vinyl upholstery
- ✓ 1,000-pound weight capacity
- ✓ 2.5-inch thick pad
- ✓ Transport handle and wheels included
- ✓ Stores upright when not in use

CONS:

- ✗ No adjustable positions
- ✗ Dirt and chalk may stick to textured pad

[Buy From Amazon](#)

If you're looking for a simple bench that doesn't skimp on quality, the Titan Elite Series Single Post Flat Weight Bench fits the bill. Straightforward yet impressively built, this flat bench features a dense 2.5-inch-thick pad, grippy

upholstery, and a frame built from 11-gauge steel that’s been powder-coated for longevity.

Though it weighs just 56 pounds, it supports a maximum weight capacity of 1,000 pounds. The textured fabric helps prevent slips; however, chalk and dirt may stick to the vinyl surface.

Equipped with a transport handle and wheels, the Elite Series flat bench is easy to move and can be stored vertically to save space. No wall mount necessary: Just tip it upward.

This bench meets the specifications of the International Powerlifting Federation, too, with a 17-inch bench height and 12-inch pad width, so it’s a solid option for competitors.

Spec

List Price:	\$169.99
Adjustable Positions:	None
Product Weight:	56 lbs.
Weight Capacity:	1,000 lbs.

[Buy From Amazon »](#)

Best for Small Spaces

PRx Performance Profile Folding Weight Benc...

**PROS:**

- ✓ Folds to save space
- ✓ Fits in any PRx Profile Pro, Profile One, or Murphy Racks
- ✓ Sturdy construction
- ✓ Weight capacity of 1,000 pounds

CONS:

- ✗ Not adjustable
- ✗ Requires bolting

[Buy From Amazon](#)

Those short on space often find it difficult to store and use bulky gym equipment, such as squat racks, barbells, and weight benches. PRx Performance is a fitness equipment manufacturer that specializes in making reliable products for small spaces, with the PRx Profile Folding Weight Bench being one of its most popular products.

This bench mounts to your wall and folds up flush against the wall when not in use, so it hardly takes up any space when you're not exercising. It's best used with a wall-mounted PRx squat rack, some of which also fold up when not in use.

Despite its foldable design, the Profile bench is quite sturdy, boasting a weight capacity of 1,000 pounds. When unfolded, the bench extends a total of 63 inches from the wall (part of that length is the hinging mechanism that makes folding it up possible).

While this isn't an adjustable bench, it's a viable option for individuals looking to build a home gym with minimal space. There's still a lot you can do with a flat bench, and it'll thoroughly expand the functionality of your home gym.

Specs

List Price:	\$339
Adjustable Positions:	None
Product Weight:	48 lbs.
Weight Capacity:	1,000 lbs.

[Buy From Amazon »](#)

Best for Heavy Lifters

REP Fitness FB-5000 Competition Flat Bench »

**PROS:**

- ✓ Meets specifications of the International Powerlifting Federation
- ✓ Competition-style bench
- ✓ 1,000-pound weight capacity
- ✓ Comes with a thick, 4-inch pad
- ✓ Compatible with 12-inch or 13.75-inch pads

CONS:

- ✗ Not adjustable
- ✗ Wall-mounted vertical storage sold separately

[Buy From REP](#)

This heavy-duty bench that meets International Powerlifting Federation specifications is an ideal choice for competitive powerlifters and others who lift heavy weights.

Featuring a tripod foot design, the bench's legs won't get in the way of your foot placement. This allows for optimal leg drive.

Additionally, the 4-inch-thick bench pad won't compress to an uncomfortable degree, even under extremely heavy loads. The REP Fitness FB-5000 is compatible with a 14-inch bench pad for athletes who prefer a wider bench. It's also compatible with the Thompson Fat Pad sold by Rogue Fitness.

Though it can support a weight of 1,000 pounds, the REP FB-5000 weighs 62 pounds and is easy to move thanks to the welded handle and transport wheels. (If you choose to get the 14-inch pad, the bench weight increases to 74 pounds.)

Despite its top-tier features, this weight bench costs less than \$250, making it an excellent value for advanced lifters.

Specs

List Price:	\$239.99
Adjustable Positions:	None
Product Weight:	62 lbs. (74 lbs. for wide pad option)
Weight Capacity:	1,000 lbs.

[Buy From REP »](#)

Best for Larger Users

Rogue Fitness Monster Utility Bench 2.0 »

**PROS:**

- ✓ Made with sturdy, 11-gauge steel
- ✓ Compatible with larger pads (up to 50 inches long by 14.5 inches wide)
- ✓ Supports up to 1,000 pounds
- ✓ Transport handle and wheels included
- ✓ Made in the U.S.

CONS:

- ✗ Can get pricey with upgrades
- ✗ Shipping not included in price

[Buy From Rogue](#)

Built to last, the Rogue Monster Utility Bench 2.0 is constructed from 3-inch by 3-inch, 11-gauge steel tubing, resulting in a durable and ultra-stable build quality.

This bench is compatible with various bench pads, including two options that are larger than the standard 12 inch width. The two pad options include:

- The Competition Fat Pad, which measures 50 inches long by 12.5 inches wide, with a pad thickness of 4.5 inches
- The Thompson Fat Pad, which measures 50 inches long by 14.5 inches wide, with a pad thickness of 4.5 inches

The Competition Fat Pad creates an additional half-inch of space while the Thompson Fat Pad provides a whopping 2.5 additional inches of space. Both of these are excellent options for people who don't feel comfortable on a 12-inch pad.

Equipped with wheels and a handle, this 77-pound bench is easy to move and store. It supports a maximum weight capacity of 1,000 pounds and features textured vinyl upholstery for grip.

Specs

List Price:	\$320 (for standard textured foam pad)
Adjustable Positions:	None
Product Weight:	77 lbs.
Weight Capacity:	1,000 lbs.

[Buy From Rogue »](#)

The Bottom Line

The REP Fitness AB-3100 Adjustable Weight Bench is our pick for the best overall weight bench. It's reasonably priced and well-built with several options for lockout positions. There are various weight benches available to meet different needs and

budgets and choosing the right one will ultimately expand the versatility and functionality of your exercise space.

Things To Consider When Buying Weight Benches

A weight bench is a welcomed addition to any home gym. Finding one can be a challenge. Julom provides some insights on what to look for when shopping for a weight bench.

Bench Type: Different types of weight benches suit different user levels, each offering specific benefits to match a lifter's experience and training goals, Julom says.

"Flat benches are great for beginners, providing a stable and straightforward platform for basic exercises like bench presses and tricep dips," he says. "As lifters gain more experience, adjustable benches become more beneficial because they can be set to various inclines and declines, allowing for a broader range of exercises and targeting muscles from multiple angles."

For advanced lifters, Olympic benches offer a robust and secure setup necessary for heavy lifting, often including integrated racking systems, Julom continues. Specialty benches, like preacher curl or abdominal benches, are ideal for those looking to isolate specific muscles and enhance muscle detailing, fitting the more advanced training needs of bodybuilders.

Size and Weight: Weight benches, especially the adjustable ones, can be pretty heavy to move around, Julom warns, saying, "This can definitely be a risk if you're not careful." As such, it's important to look for a weight bench that you can easily pick up and move – or one with an integrated transport handle and wheels.

Adjustability: Julom says that adjustability is important because it allows you to perform a wide range of exercises targeting different muscle groups at various angles, which can enhance the effectiveness of your workouts and promote more balanced muscle growth.

“A good bench can adjust easily and securely into multiple positions,” he says. “This allows you to target different muscle groups effectively. Make sure the adjustment mechanism is robust and locks into place firmly to avoid slipping or collapsing.”

Stability: Some benches might not be well-built or stable enough, especially under heavy loads, Julom points out. This can lead to accidents if the bench wobbles or collapses during use.

He urges buyers to look for benches made from high-grade steel for the frame, with 11-gauge steel being the high-quality standard. “This ensures it can handle heavy loads without bending or breaking,” Julom says. “The upholstery should be thick, durable, and securely attached to the bench.”

Additionally, he explains that when adjusting the bench – especially models that can be set to different angles – you have to make sure the settings are locked in place. “If not secured, the bench could unexpectedly shift during exercise, which might cause you to lose balance or drop weights,” Julom cautions.

Finally, check the maximum weight capacity of the bench, which should comfortably handle your body weight plus any weights you plan to lift. This is crucial for safety and long-term use.

Comfort: There are a few specs to look for in terms of comfort, according to Julom:

- The padding should be firm enough to support your body but comfortable enough for longer workout sessions. Poor padding can lead to discomfort and even injury over time.
- Make sure the bench fits your body size and the space you have available. A bench that is too small can restrict your movement, and one that's too large can be difficult to maneuver around.
- The bench height should allow your feet to firmly touch the ground, providing stability. It should be wide enough to support your back and hips but not hinder arm movements.
- The bench should be adjustable such that it doesn't leave gaps between sections preventing discomfort and the risk of pinching, making your workout smoother and safer.

Assembly and Storage: Some benches ship fully assembled, some ship partially assembled, and some ship completely unassembled. Depending on your level of comfort with assembly and tools, it might be worth it to pay more in shipping for a fully assembled bench.

If you need your weight bench to be out of the way when you're not using it, consider one that's available with a vertical storage option. Sometimes benches simply stand up for vertical storage, but sometimes they require a wall-mounted solution.

Additional Features: Features like built-in racks for holding weights, wheels for easier movement, or attachments for expanding exercise options can be useful additions for those who want a more robust weight bench.

How We Chose the Best Weight Benches

To select the best weight benches, we considered specs like weight capacity, product weight and footprint, stability, construction and materials, comfort, adjustability and versatility. The author, Amanda Capritto, used her personal experience with various fitness equipment brands and products, as well as consumer sentiment research and an interview with personal trainer [Mike Julom](#) to finalize this list.

WHY SHOULD YOU TRUST US?

[Amanda Capritto](#), the author of this piece, is an ACE-certified personal trainer, a CrossFit Level 1 coach, and a functional training specialist. She has seven years of experience as both a personal trainer and a gear reviewer. Capritto has tested several weight benches and innumerable other fitness equipment products and has authored dozens of guides on home gym equipment ([exercise bikes](#), [kettlebells](#), and [rowing machines](#), just to name a few). [Marlo Jappen Porto](#), U.S. News 360 Reviews editor, is an experienced commerce editor who focuses on fitness products.

FAQ

What are the benefits of a weight bench?



How do you use a weight bench?



What's an ideal weight capacity for a weight bench?



Are adjustable weight benches better than flat weight benches?



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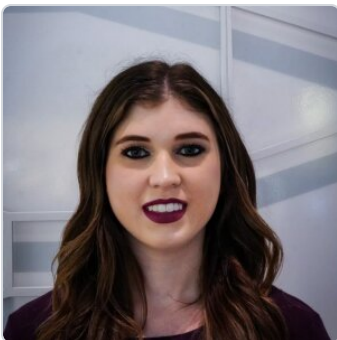
Amanda Capritto

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Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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