

2026

since 2015

# BenchK

## Vertical Training Wall

# Lift Yourself

Produced in Poland and the United States

### EU OFFICE

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

[www.BenchK.com](http://www.BenchK.com)  
[biuro@benchk.com](mailto:biuro@benchk.com)  
tel.: +48 536 560 089

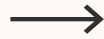
### NORTH AMERICA — U.S. OFFICE

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

[www.BenchK.us](http://www.BenchK.us)  
[biuro@benchk.com](mailto:biuro@benchk.com)  
tel.: +1 727 603 4402



Horizontal equipment dominates the floor.  
Machines spread across the floor.  
Studios get crowded.  
Rent keeps rising.



Your Walls Are Your Most Undervalued Asset.

Before



📍 10Ten Fitness - Sarasota, FL, USA

## Vertical Training Wall

Vertical training defines the future.  
Unused walls become performance space.  
Grow your studio without expanding your space.

Turn Empty Walls Into Training Space.

After



Studios already use elastic bands, suspension systems, mobility straps and bodyweight exercises.

But everything is improvised.

Bands hang from random anchors.

Systems attach to doors, pipes, or ceiling hooks.

There's no real structure.



BenchK transforms walls into a complete training system.



Paris, France

Start with a ladder. Build your system.

One wall. Unlimited configurations.



## What makes BenchK different?

- Turns empty walls into training space
- One station for multiple training methods
- Frees up valuable floor space
- Clean alternative to hooks and anchors
- Built for daily commercial use

© XMOR FITNESS | fitness.shop.pl



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

# Commercial-grade performance

- 150 kg (330 lbs) + dynamic load tested
- Engineered for daily operation
- Designed for premium training spaces

Built for professional environments.



European engineering.

Manufactured in Poland and the USA.



Precision is achieved through advanced **laser cutting** and assembly technologies.



The steel profiles of the wall bars have been **powder coated** black matte, which adds to their durability.

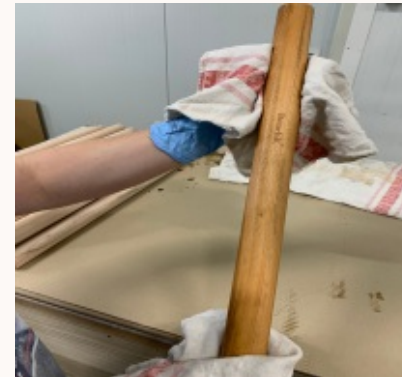


The wooden elements of BenchK wall bars are made of **solid beech wood** that is FSC certified, which means that it is 100% sourced and used in a responsible and sustainable manner.

Built to last for decades.



Every wooden element is **hand-oiled three times** with food-safe oil.



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.



Built to last.



*"I personally stand behind every  
BenchK we produce"*

Vadym Zemlianyi

Founder & CEO  
Vadym Zemlianyi

In Stock. Ready to Ship.

Stocked on two continents for global distribution.

Lean manufacturing and just-in-time logistics ensure reliable product availability. BenchK products are stocked on two continents – Europe and North America – enabling fast and dependable delivery for distributors, studios, and commercial projects.

## Certified Safety

BenchK products comply with European safety standards for gymnastic equipment.

PN-EN 12346:2001

PN-EN 913:2019

## Commercial Warranty

10-year warranty for metal components

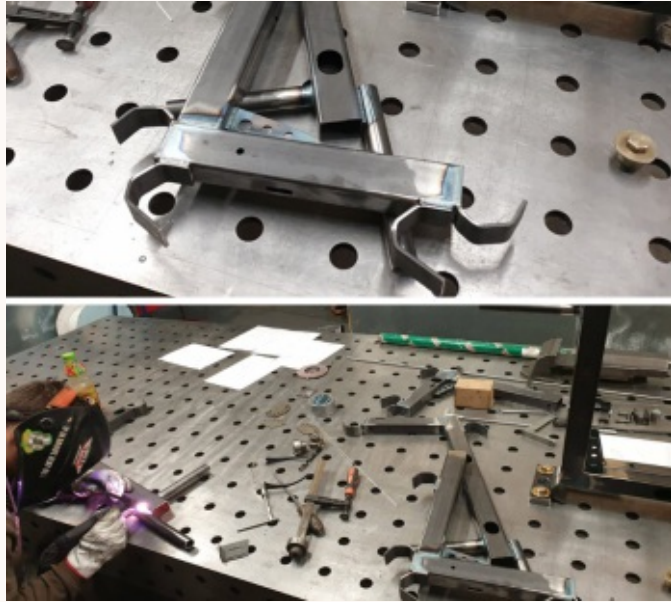
2-year warranty for other elements



# BenchK Milestones

2015-2017

Research. Prototyping. Obsession.



BenchK was developed through years of testing, redesigning and refinement.

The goal was simple: turn empty walls into training space.

2018 January

ISPO Munich — Global Debut



BenchK was introduced at ISPO Munich, the world's leading sports trade fair.

At the time, no other company presented a multi-functional wall training system.

BenchK introduced a new category.

2022 April

FIBO Innovation Award



BenchK received the FIBO Innovation & Trend Award in the Lifestyle, Life Balance & Wellness category.

Recognition from the largest fitness trade show in the world.

2022 July

North America Expansion



BenchK established its U.S. headquarters and warehouse in Florida.

From here, the company supports partners across North America.

Products are stocked and ready to ship.

# One Wall. Endless Exercises.

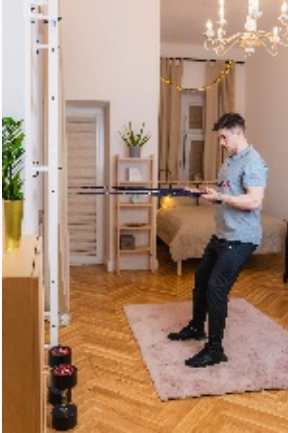
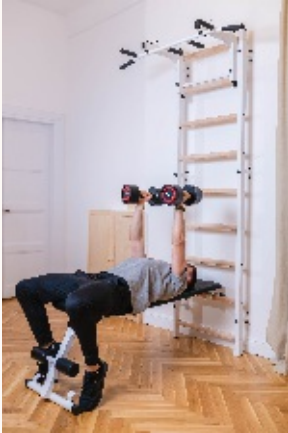
Strength. Mobility. Suspension. Bodyweight.



# One Wall. Unlimited Training.



# Strength. Mobility. Suspension. Bodyweight.



Before 📍 40680 California Oaks Road, Suite 2A, Murrieta, CA 92562



After



# BenchK in Physiotherapy



📍 #poprzeziąło, Poznań, PL



# The BenchK Configuration System

## BenchK 1 series

● Beech wood

- H 220 cm (86 5/8") x W 64 cm (25 1/4")
- Wall mounting
- 8 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Adjustable beech wood pull up bar
- Max. user weight: 120 kg (265 lbs)



BenchK 100



BenchK 111



BenchK 111+A204

How to read the model number - Example: 733B

First digit - series (1, 2 or 7)

Second digit - pull-up bar type

1 - wooden pull-up bar PB204/PB076

2 - fixed steel pull-up bar PB2

3 - removable steel pull-up bar PB3

Third digit - number of optional attachments (from top to bottom position)

## BenchK 2 series

● Black  
○ White

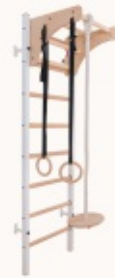
- H 230 cm (90 1/2") x W 67 cm (26 3/8")
- Wall mounting
- 8 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Max. user weight: 150 kg (330 lbs)
- Minimum installation height requirement: 240 cm (94 1/2")



BenchK 200W



BenchK 211B



BenchK 211W + A204



BenchK 221W



BenchK 221B + A076



BenchK 222W



BenchK 223B



BenchK 231W



BenchK 232B



BenchK 233W

## BenchK 7 series

● Black  
○ White

- H 240 cm x W 67 cm (94 1/2" x 26 3/8")
- Wall mounting
- 9 oval beech wood rungs (30 mm x 40 mm, 1 3/16" x 1 37/64")
- Max. user weight: 150 kg (330 lbs)
- Minimum installation height requirement 250 cm (98 1/2")



BenchK 700B



BenchK 711W



BenchK 711W + A204



BenchK 721B



BenchK 721W + A204



BenchK 722B



BenchK 723W



BenchK 731W



BenchK 732B



BenchK 733W

# Mix, Match and Adapt

## Ladders



Series 1

H = 220 cm (86 5/8")
W = 64 cm (25 1/4")
Wall mounting
Solid hand oiled beech wood
Max user weight - 120 kg (265 lbs)
Natural beech wood
Pull-up bar: adjustable
Optional add-ons: gymnastic rings, and rope



Series 2

H = 230 cm (90 1/2")
W = 67 cm (26 3/8")
Wall mounting
Steel and hand oiled beech wood
Max user weight - 150 kg (330 lbs)
Black or white
Pull-up bar: adjustable or fixed to the top
Optional add-ons: dip bar, pull-up bar, bench, gymnastic rings and rope



Series 7

H = 240 cm (94 1/2")
W = 67 cm (26 3/8")
Wall mounting
Steel and hand oiled beech wood
Max user weight - 150 kg (330 lbs)
Black or white
Pull-up bar: adjustable or fixed to the top
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



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



Black wall holders WHB

## Gymnastic accessories



Punching bag



Gymnastic accessories A076



Recoil

# BenchK in Pilates studios

Bring vertical mobility into your space.  
Unlock more ways to train.





BenchK in Pilates studios



Praxis Pilates - NYC, USA

# BenchK in Gyms

Crowded floors.  
Waiting for machines.  
Studios look the same everywhere.



Build up.  
Create space without expanding.



# BenchK in Residential

Luxury sports furniture for everyday movement.



# BenchK in Hospitality

Proven in Hospitality

**The Austrian hotel group Harry's Home Hotels & Apartments** integrated BenchK "In-Room Fitness" into 70 guest rooms, creating a private training experience directly in the room.

A compact, hygienic and space-efficient solution for modern hospitality.



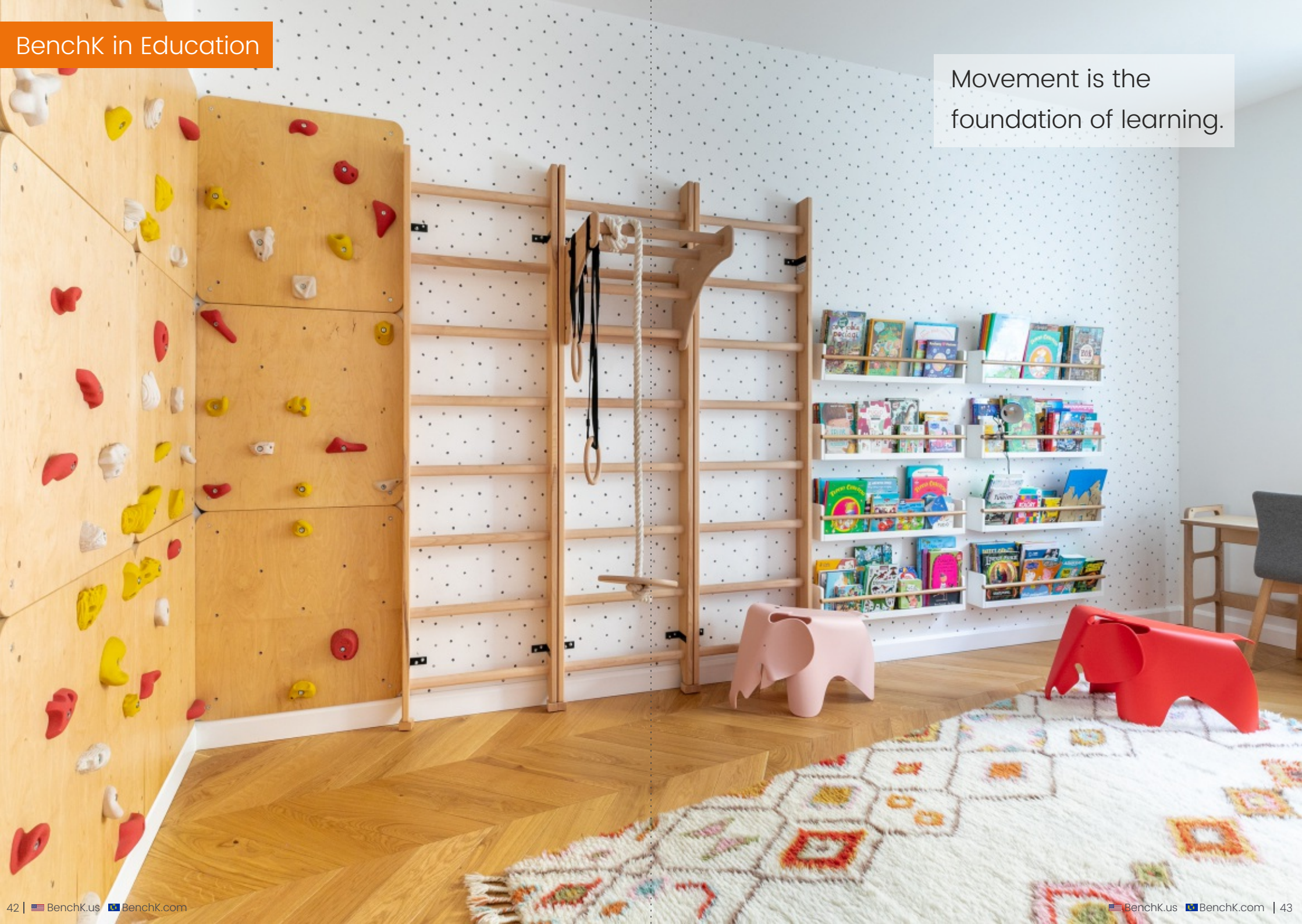
© Harry's Home Hotels & Apartments / Daniel Zangerl, [www.danielzangerl.com](http://www.danielzangerl.com)



© Harry's Home Hotels & Apartments  
Daniel Zangerl, [www.danielzangerl.com](http://www.danielzangerl.com)



Movement is the foundation of learning.





Movement is the missing element of modern offices.  
Healthy employees are productive employees.





BenchK created the Vertical Training Wall category.

The most advanced suspension system for wall training.



PATENTED SYSTEM  
10-YEAR WARRANTY  
150 KG LOAD