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Global Workout Weight Benches Market Growth 2025-2031

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Abstracts

The global Workout Weight Benches market size is predicted to grow from US$ 785 million in 2025 to US$ 1069 million in 2031; it is expected to grow at a CAGR of 5.3% from 2025 to 2031.

The impact of the latest U.S. tariff measures and the corresponding policy responses from countries worldwide on market competitiveness, regional economic performance, and supply chain configurations will be comprehensively evaluated in this report.

A workout weight bench (or weight training bench) is a fitness equipment accessory designed to support users during strength training exercises, primarily those involving free weights (dumbbells, barbells, kettlebells) or bodyweight movements.

According to our Wellness & Health Research Center, the global wellness & health economy was valued at US dollars 4.8 trillion. Asia Pacific was the region with the highest spending on big health in 2022, with a total spending of $1.68 trillion, followed by North America ($1.42 trillion) and Europe ($1.0 trillion). According to the health industry accounting analysis data disclosed by the Health Development Research Center of the National Health Commission, from 2019 to 2021, the market size of the health service industry grew by an average of 7.0% per year, and the specific data increased from 7.7 trillion yuan to 8.8 trillion yuan. China's health industry revenue reached 8.0 trillion yuan in 2021, with an increase of 8.1%.

Drivers

Increasing Health Awareness: People are paying more attention to their health and fitness. Strength training with workout weight benches helps build muscle, increase

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strength, and improve overall fitness, which attracts more fitness - conscious individuals to purchase and use them.

Rise of Home Gyms: The trend of setting up home gyms is on the rise. Workout weight benches, being essential equipment, offer convenience, privacy, and flexibility for home workouts. They are space - saving and multifunctional, meeting the needs of individuals who want to exercise at home.

Technological Advancements: Manufacturers are constantly improving the design of workout weight benches, incorporating features such as adjustable angles, enhanced padding for comfort, improved stability, and space - saving designs. Some benches are also equipped with smart features like connected apps and tracking sensors, which enhance the user experience and functionality, making the products more appealing to consumers.

Influence of Social Media: The growing influence of social media platforms and the popularity of fitness influencers have played a significant role in promoting strength training. Fitness enthusiasts are often inspired by the content shared by influencers, leading to increased interest in workout weight benches.

Challenges

Intense Competition: The market has a large number of brands and manufacturers, and the competition is fierce. Manufacturers need to continuously improve product quality and performance, and develop unique technical features to gain a competitive advantage. They also need to focus on marketing and brand building to enhance brand awareness and reputation.

Price Sensitivity: Consumers are often price - sensitive when purchasing fitness equipment. High - end workout weight benches can be expensive, which may deter some price - conscious consumers. Therefore, manufacturers need to find a balance between price and performance to meet the needs of different consumer segments.

Space Limitations: Although some workout weight benches are designed to be space - saving, they still require a certain amount of space for placement. This may be a limitation for some users with limited living space, affecting their purchase intention.

Future Trends

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Intelligent and Connected Features: Workout weight benches will likely become more intelligent, with the integration of advanced sensors and connectivity. This will allow for real - time tracking of workout data, such as reps, sets, and weight lifted, and provide personalized feedback and training programs through mobile apps.

Multifunctional Designs: There will be a growing demand for multifunctional workout weight benches that can combine various workout functionalities into one piece of equipment. For example, benches that can be easily converted into different types of training stations, such as for bench presses, incline presses, and leg curls, will be popular.

Ergonomic and Sustainable Designs: Manufacturers will focus on ergonomic designs to enhance user comfort and reduce the risk of injury. Additionally, there will be an increased emphasis on using sustainable materials in the production of workout weight benches to meet the growing environmental concerns of consumers.

LP Information, Inc. (LPI) ' newest research report, the “Workout Weight Benches Industry Forecast” looks at past sales and reviews total world Workout Weight Benches sales in 2024, providing a comprehensive analysis by region and market sector of projected Workout Weight Benches sales for 2025 through 2031. With Workout Weight Benches sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US$ millions of the world Workout Weight Benches industry.

This Insight Report provides a comprehensive analysis of the global Workout Weight Benches landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyzes the strategies of leading global companies with a focus on Workout Weight Benches portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms’ unique position in an accelerating global Workout Weight Benches market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Workout Weight Benches and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Workout Weight Benches.

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This report presents a comprehensive overview, market shares, and growth opportunities of Workout Weight Benches market by product type, application, key manufacturers and key regions and countries.

Segmentation by Type:

Foldable Bench

Flat Bench

Segmentation by Application:

Sports Store

Online Retail

Department Store

Franchise Store

Others

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

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- Japan
- Korea
- Southeast Asia
- India
- Australia

Europe

- Germany
- France
- UK
- Italy
- Russia

Middle East & Africa

- Egypt
- South Africa
- Israel
- Turkey
- GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analysing the company's coverage, product portfolio, its market penetration.

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Life Fitness

Technogym

Rogue Fitness

Precor

HUR

Peloton

Johnson Health Tech

Proxomed

Impulse

YR

DHZ

SHUA Sports

Jiangsu Kangliyuan Sports Technology

Impulse

Key Questions Addressed in this Report
What is the 10-year outlook for the global Workout Weight Benches market?
What factors are driving Workout Weight Benches market growth, globally and by region?
Which technologies are poised for the fastest growth by market and region?
How do Workout Weight Benches market opportunities vary by end market size?
How does Workout Weight Benches break out by Type, by Application?

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Contents

1 SCOPE OF THE REPORT

1.1 Market Introduction
1.2 Years Considered
1.3 Research Objectives
1.4 Market Research Methodology
1.5 Research Process and Data Source
1.6 Economic Indicators
1.7 Currency Considered
1.8 Market Estimation Caveats

2 EXECUTIVE SUMMARY

2.1 World Market Overview
  2.1.1 Global Workout Weight Benches Annual Sales 2020-2031
  2.1.2 World Current & Future Analysis for Workout Weight Benches by Geographic Region, 2020, 2024 & 2031
  2.1.3 World Current & Future Analysis for Workout Weight Benches by Country/Region, 2020, 2024 & 2031
2.2 Workout Weight Benches Segment by Type
  2.2.1 Foldable Bench
  2.2.2 Flat Bench
2.3 Workout Weight Benches Sales by Type
  2.3.1 Global Workout Weight Benches Sales Market Share by Type (2020-2025)
  2.3.2 Global Workout Weight Benches Revenue and Market Share by Type (2020-2025)
  2.3.3 Global Workout Weight Benches Sale Price by Type (2020-2025)
2.4 Workout Weight Benches Segment by Application
  2.4.1 Sports Store
  2.4.2 Online Retail
  2.4.3 Department Store
  2.4.4 Franchise Store
  2.4.5 Others
2.5 Workout Weight Benches Sales by Application
  2.5.1 Global Workout Weight Benches Sale Market Share by Application (2020-2025)
  2.5.2 Global Workout Weight Benches Revenue and Market Share by Application (2020-2025)

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info@marketpublishers.com

2.5.3 Global Workout Weight Benches Sale Price by Application (2020-2025)

3 GLOBAL BY COMPANY

3.1 Global Workout Weight Benches Breakdown Data by Company
3.1.1 Global Workout Weight Benches Annual Sales by Company (2020-2025)
3.1.2 Global Workout Weight Benches Sales Market Share by Company (2020-2025)
3.2 Global Workout Weight Benches Annual Revenue by Company (2020-2025)
3.2.1 Global Workout Weight Benches Revenue by Company (2020-2025)
3.2.2 Global Workout Weight Benches Revenue Market Share by Company (2020-2025)
3.3 Global Workout Weight Benches Sale Price by Company
3.4 Key Manufacturers Workout Weight Benches Producing Area Distribution, Sales Area, Product Type
3.4.1 Key Manufacturers Workout Weight Benches Product Location Distribution
3.4.2 Players Workout Weight Benches Products Offered
3.5 Market Concentration Rate Analysis
3.5.1 Competition Landscape Analysis
3.5.2 Concentration Ratio (CR3, CR5 and CR10) & (2023-2025)
3.6 New Products and Potential Entrants
3.7 Market M&A Activity & Strategy

4 WORLD HISTORIC REVIEW FOR WORKOUT WEIGHT BENCHES BY GEOGRAPHIC REGION

4.1 World Historic Workout Weight Benches Market Size by Geographic Region (2020-2025)
4.1.1 Global Workout Weight Benches Annual Sales by Geographic Region (2020-2025)
4.1.2 Global Workout Weight Benches Annual Revenue by Geographic Region (2020-2025)
4.2 World Historic Workout Weight Benches Market Size by Country/Region (2020-2025)
4.2.1 Global Workout Weight Benches Annual Sales by Country/Region (2020-2025)
4.2.2 Global Workout Weight Benches Annual Revenue by Country/Region (2020-2025)
4.3 Americas Workout Weight Benches Sales Growth
4.4 APAC Workout Weight Benches Sales Growth
4.5 Europe Workout Weight Benches Sales Growth

+357 96 030922
info@marketpublishers.com

4.6 Middle East & Africa Workout Weight Benches Sales Growth

5 AMERICAS

5.1 Americas Workout Weight Benches Sales by Country
  5.1.1 Americas Workout Weight Benches Sales by Country (2020-2025)
  5.1.2 Americas Workout Weight Benches Revenue by Country (2020-2025)
5.2 Americas Workout Weight Benches Sales by Type (2020-2025)
5.3 Americas Workout Weight Benches Sales by Application (2020-2025)
5.4 United States
5.5 Canada
5.6 Mexico
5.7 Brazil

6 APAC

6.1 APAC Workout Weight Benches Sales by Region
  6.1.1 APAC Workout Weight Benches Sales by Region (2020-2025)
  6.1.2 APAC Workout Weight Benches Revenue by Region (2020-2025)
6.2 APAC Workout Weight Benches Sales by Type (2020-2025)
6.3 APAC Workout Weight Benches Sales by Application (2020-2025)
6.4 China
6.5 Japan
6.6 South Korea
6.7 Southeast Asia
6.8 India
6.9 Australia
6.10 China Taiwan

7 EUROPE

7.1 Europe Workout Weight Benches by Country
  7.1.1 Europe Workout Weight Benches Sales by Country (2020-2025)
  7.1.2 Europe Workout Weight Benches Revenue by Country (2020-2025)
7.2 Europe Workout Weight Benches Sales by Type (2020-2025)
7.3 Europe Workout Weight Benches Sales by Application (2020-2025)
7.4 Germany
7.5 France
7.6 UK

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7.7 Italy
7.8 Russia

8 MIDDLE EAST & AFRICA

8.1 Middle East & Africa Workout Weight Benches by Country
  8.1.1 Middle East & Africa Workout Weight Benches Sales by Country (2020-2025)
  8.1.2 Middle East & Africa Workout Weight Benches Revenue by Country (2020-2025)
8.2 Middle East & Africa Workout Weight Benches Sales by Type (2020-2025)
8.3 Middle East & Africa Workout Weight Benches Sales by Application (2020-2025)
8.4 Egypt
8.5 South Africa
8.6 Israel
8.7 Turkey
8.8 GCC Countries

9 MARKET DRIVERS, CHALLENGES AND TRENDS

9.1 Market Drivers & Growth Opportunities
9.2 Market Challenges & Risks
9.3 Industry Trends

10 MANUFACTURING COST STRUCTURE ANALYSIS

10.1 Raw Material and Suppliers
10.2 Manufacturing Cost Structure Analysis of Workout Weight Benches
10.3 Manufacturing Process Analysis of Workout Weight Benches
10.4 Industry Chain Structure of Workout Weight Benches

11 MARKETING, DISTRIBUTORS AND CUSTOMER

11.1 Sales Channel
  11.1.1 Direct Channels
  11.1.2 Indirect Channels
11.2 Workout Weight Benches Distributors
11.3 Workout Weight Benches Customer

12 WORLD FORECAST REVIEW FOR WORKOUT WEIGHT BENCHES BY GEOGRAPHIC REGION

+357 96 030922
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12.1 Global Workout Weight Benches Market Size Forecast by Region
12.1.1 Global Workout Weight Benches Forecast by Region (2026-2031)
12.1.2 Global Workout Weight Benches Annual Revenue Forecast by Region (2026-2031)
12.2 Americas Forecast by Country (2026-2031)
12.3 APAC Forecast by Region (2026-2031)
12.4 Europe Forecast by Country (2026-2031)
12.5 Middle East & Africa Forecast by Country (2026-2031)
12.6 Global Workout Weight Benches Forecast by Type (2026-2031)
12.7 Global Workout Weight Benches Forecast by Application (2026-2031)

13 KEY PLAYERS ANALYSIS

13.1 Life Fitness
13.1.1 Life Fitness Company Information
13.1.2 Life Fitness Workout Weight Benches Product Portfolios and Specifications
13.1.3 Life Fitness Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.1.4 Life Fitness Main Business Overview
13.1.5 Life Fitness Latest Developments
13.2 Technogym
13.2.1 Technogym Company Information
13.2.2 Technogym Workout Weight Benches Product Portfolios and Specifications
13.2.3 Technogym Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.2.4 Technogym Main Business Overview
13.2.5 Technogym Latest Developments
13.3 Rogue Fitness
13.3.1 Rogue Fitness Company Information
13.3.2 Rogue Fitness Workout Weight Benches Product Portfolios and Specifications
13.3.3 Rogue Fitness Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.3.4 Rogue Fitness Main Business Overview
13.3.5 Rogue Fitness Latest Developments
13.4 Precor
13.4.1 Precor Company Information
13.4.2 Precor Workout Weight Benches Product Portfolios and Specifications
13.4.3 Precor Workout Weight Benches Sales, Revenue, Price and Gross Margin

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(2020-2025)
13.4.4 Precor Main Business Overview
13.4.5 Precor Latest Developments
13.5 HUR
13.5.1 HUR Company Information
13.5.2 HUR Workout Weight Benches Product Portfolios and Specifications
13.5.3 HUR Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.5.4 HUR Main Business Overview
13.5.5 HUR Latest Developments
13.6 Peloton
13.6.1 Peloton Company Information
13.6.2 Peloton Workout Weight Benches Product Portfolios and Specifications
13.6.3 Peloton Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.6.4 Peloton Main Business Overview
13.6.5 Peloton Latest Developments
13.7 Johnson Health Tech
13.7.1 Johnson Health Tech Company Information
13.7.2 Johnson Health Tech Workout Weight Benches Product Portfolios and Specifications
13.7.3 Johnson Health Tech Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.7.4 Johnson Health Tech Main Business Overview
13.7.5 Johnson Health Tech Latest Developments
13.8 Proxomed
13.8.1 Proxomed Company Information
13.8.2 Proxomed Workout Weight Benches Product Portfolios and Specifications
13.8.3 Proxomed Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.8.4 Proxomed Main Business Overview
13.8.5 Proxomed Latest Developments
13.9 Impulse
13.9.1 Impulse Company Information
13.9.2 Impulse Workout Weight Benches Product Portfolios and Specifications
13.9.3 Impulse Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.9.4 Impulse Main Business Overview
13.9.5 Impulse Latest Developments

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13.10 YR
13.10.1 YR Company Information
13.10.2 YR Workout Weight Benches Product Portfolios and Specifications
13.10.3 YR Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.10.4 YR Main Business Overview
13.10.5 YR Latest Developments
13.11 DHZ
13.11.1 DHZ Company Information
13.11.2 DHZ Workout Weight Benches Product Portfolios and Specifications
13.11.3 DHZ Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.11.4 DHZ Main Business Overview
13.11.5 DHZ Latest Developments
13.12 SHUA Sports
13.12.1 SHUA Sports Company Information
13.12.2 SHUA Sports Workout Weight Benches Product Portfolios and Specifications
13.12.3 SHUA Sports Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.12.4 SHUA Sports Main Business Overview
13.12.5 SHUA Sports Latest Developments
13.13 Jiangsu Kangliyuan Sports Technology
13.13.1 Jiangsu Kangliyuan Sports Technology Company Information
13.13.2 Jiangsu Kangliyuan Sports Technology Workout Weight Benches Product Portfolios and Specifications
13.13.3 Jiangsu Kangliyuan Sports Technology Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.13.4 Jiangsu Kangliyuan Sports Technology Main Business Overview
13.13.5 Jiangsu Kangliyuan Sports Technology Latest Developments
13.14 Impulse
13.14.1 Impulse Company Information
13.14.2 Impulse Workout Weight Benches Product Portfolios and Specifications
13.14.3 Impulse Workout Weight Benches Sales, Revenue, Price and Gross Margin (2020-2025)
13.14.4 Impulse Main Business Overview
13.14.5 Impulse Latest Developments

14 RESEARCH FINDINGS AND CONCLUSION

+357 96 030922
info@marketpublishers.com

List Of Tables

LIST OF TABLES

Table 1. Workout Weight Benches Annual Sales CAGR by Geographic Region (2020, 2024 & 2031) & ($ millions)
Table 2. Workout Weight Benches Annual Sales CAGR by Country/Region (2020, 2024 & 2031) & ($ millions)
Table 3. Major Players of Foldable Bench
Table 4. Major Players of Flat Bench
Table 5. Global Workout Weight Benches Sales by Type (2020-2025) & (K Units)
Table 6. Global Workout Weight Benches Sales Market Share by Type (2020-2025)
Table 7. Global Workout Weight Benches Revenue by Type (2020-2025) & ($ million)
Table 8. Global Workout Weight Benches Revenue Market Share by Type (2020-2025)
Table 9. Global Workout Weight Benches Sale Price by Type (2020-2025) & (US$/Unit)
Table 10. Global Workout Weight Benches Sale by Application (2020-2025) & (K Units)
Table 11. Global Workout Weight Benches Sale Market Share by Application (2020-2025)
Table 12. Global Workout Weight Benches Revenue by Application (2020-2025) & ($ million)
Table 13. Global Workout Weight Benches Revenue Market Share by Application (2020-2025)
Table 14. Global Workout Weight Benches Sale Price by Application (2020-2025) & (US$/Unit)
Table 15. Global Workout Weight Benches Sales by Company (2020-2025) & (K Units)
Table 16. Global Workout Weight Benches Sales Market Share by Company (2020-2025)
Table 17. Global Workout Weight Benches Revenue by Company (2020-2025) & ($ millions)
Table 18. Global Workout Weight Benches Revenue Market Share by Company (2020-2025)
Table 19. Global Workout Weight Benches Sale Price by Company (2020-2025) & (US$/Unit)
Table 20. Key Manufacturers Workout Weight Benches Producing Area Distribution and Sales Area
Table 21. Players Workout Weight Benches Products Offered
Table 22. Workout Weight Benches Concentration Ratio (CR3, CR5 and CR10) & (2023-2025)
Table 23. New Products and Potential Entrants

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Table 24. Market M&A Activity & Strategy
Table 25. Global Workout Weight Benches Sales by Geographic Region (2020-2025) & (K Units)
Table 26. Global Workout Weight Benches Sales Market Share Geographic Region (2020-2025)
Table 27. Global Workout Weight Benches Revenue by Geographic Region (2020-2025) & ($ millions)
Table 28. Global Workout Weight Benches Revenue Market Share by Geographic Region (2020-2025)
Table 29. Global Workout Weight Benches Sales by Country/Region (2020-2025) & (K Units)
Table 30. Global Workout Weight Benches Sales Market Share by Country/Region (2020-2025)
Table 31. Global Workout Weight Benches Revenue by Country/Region (2020-2025) & ($ millions)
Table 32. Global Workout Weight Benches Revenue Market Share by Country/Region (2020-2025)
Table 33. Americas Workout Weight Benches Sales by Country (2020-2025) & (K Units)
Table 34. Americas Workout Weight Benches Sales Market Share by Country (2020-2025)
Table 35. Americas Workout Weight Benches Revenue by Country (2020-2025) & ($ millions)
Table 36. Americas Workout Weight Benches Sales by Type (2020-2025) & (K Units)
Table 37. Americas Workout Weight Benches Sales by Application (2020-2025) & (K Units)
Table 38. APAC Workout Weight Benches Sales by Region (2020-2025) & (K Units)
Table 39. APAC Workout Weight Benches Sales Market Share by Region (2020-2025)
Table 40. APAC Workout Weight Benches Revenue by Region (2020-2025) & ($ millions)
Table 41. APAC Workout Weight Benches Sales by Type (2020-2025) & (K Units)
Table 42. APAC Workout Weight Benches Sales by Application (2020-2025) & (K Units)
Table 43. Europe Workout Weight Benches Sales by Country (2020-2025) & (K Units)
Table 44. Europe Workout Weight Benches Revenue by Country (2020-2025) & ($ millions)
Table 45. Europe Workout Weight Benches Sales by Type (2020-2025) & (K Units)
Table 46. Europe Workout Weight Benches Sales by Application (2020-2025) & (K Units)
Table 47. Middle East & Africa Workout Weight Benches Sales by Country (2020-2025) & (K Units)

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Table 48. Middle East & Africa Workout Weight Benches Revenue Market Share by Country (2020-2025)
Table 49. Middle East & Africa Workout Weight Benches Sales by Type (2020-2025) & (K Units)
Table 50. Middle East & Africa Workout Weight Benches Sales by Application (2020-2025) & (K Units)
Table 51. Key Market Drivers & Growth Opportunities of Workout Weight Benches
Table 52. Key Market Challenges & Risks of Workout Weight Benches
Table 53. Key Industry Trends of Workout Weight Benches
Table 54. Workout Weight Benches Raw Material
Table 55. Key Suppliers of Raw Materials
Table 56. Workout Weight Benches Distributors List
Table 57. Workout Weight Benches Customer List
Table 58. Global Workout Weight Benches Sales Forecast by Region (2026-2031) & (K Units)
Table 59. Global Workout Weight Benches Revenue Forecast by Region (2026-2031) & ($ millions)
Table 60. Americas Workout Weight Benches Sales Forecast by Country (2026-2031) & (K Units)
Table 61. Americas Workout Weight Benches Annual Revenue Forecast by Country (2026-2031) & ($ millions)
Table 62. APAC Workout Weight Benches Sales Forecast by Region (2026-2031) & (K Units)
Table 63. APAC Workout Weight Benches Annual Revenue Forecast by Region (2026-2031) & ($ millions)
Table 64. Europe Workout Weight Benches Sales Forecast by Country (2026-2031) & (K Units)
Table 65. Europe Workout Weight Benches Revenue Forecast by Country (2026-2031) & ($ millions)
Table 66. Middle East & Africa Workout Weight Benches Sales Forecast by Country (2026-2031) & (K Units)
Table 67. Middle East & Africa Workout Weight Benches Revenue Forecast by Country (2026-2031) & ($ millions)
Table 68. Global Workout Weight Benches Sales Forecast by Type (2026-2031) & (K Units)
Table 69. Global Workout Weight Benches Revenue Forecast by Type (2026-2031) & ($ millions)
Table 70. Global Workout Weight Benches Sales Forecast by Application (2026-2031) & (K Units)

+357 96 030922
info@marketpublishers.com

Table 71. Global Workout Weight Benches Revenue Forecast by Application (2026-2031) & ($ millions)
Table 72. Life Fitness Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 73. Life Fitness Workout Weight Benches Product Portfolios and Specifications
Table 74. Life Fitness Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 75. Life Fitness Main Business
Table 76. Life Fitness Latest Developments
Table 77. Technogym Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 78. Technogym Workout Weight Benches Product Portfolios and Specifications
Table 79. Technogym Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 80. Technogym Main Business
Table 81. Technogym Latest Developments
Table 82. Rogue Fitness Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 83. Rogue Fitness Workout Weight Benches Product Portfolios and Specifications
Table 84. Rogue Fitness Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 85. Rogue Fitness Main Business
Table 86. Rogue Fitness Latest Developments
Table 87. Precor Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 88. Precor Workout Weight Benches Product Portfolios and Specifications
Table 89. Precor Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 90. Precor Main Business
Table 91. Precor Latest Developments
Table 92. HUR Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 93. HUR Workout Weight Benches Product Portfolios and Specifications
Table 94. HUR Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 95. HUR Main Business
Table 96. HUR Latest Developments
Table 97. Peloton Basic Information, Workout Weight Benches Manufacturing Base,

+357 96 030922
info@marketpublishers.com

Sales Area and Its Competitors
Table 98. Peloton Workout Weight Benches Product Portfolios and Specifications
Table 99. Peloton Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 100. Peloton Main Business
Table 101. Peloton Latest Developments
Table 102. Johnson Health Tech Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 103. Johnson Health Tech Workout Weight Benches Product Portfolios and Specifications
Table 104. Johnson Health Tech Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 105. Johnson Health Tech Main Business
Table 106. Johnson Health Tech Latest Developments
Table 107. Proxomed Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 108. Proxomed Workout Weight Benches Product Portfolios and Specifications
Table 109. Proxomed Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 110. Proxomed Main Business
Table 111. Proxomed Latest Developments
Table 112. Impulse Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 113. Impulse Workout Weight Benches Product Portfolios and Specifications
Table 114. Impulse Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 115. Impulse Main Business
Table 116. Impulse Latest Developments
Table 117. YR Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 118. YR Workout Weight Benches Product Portfolios and Specifications
Table 119. YR Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 120. YR Main Business
Table 121. YR Latest Developments
Table 122. DHZ Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 123. DHZ Workout Weight Benches Product Portfolios and Specifications
Table 124. DHZ Workout Weight Benches Sales (K Units), Revenue ($ Million), Price

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(US$/Unit) and Gross Margin (2020-2025)
Table 125. DHZ Main Business
Table 126. DHZ Latest Developments
Table 127. SHUA Sports Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 128. SHUA Sports Workout Weight Benches Product Portfolios and Specifications
Table 129. SHUA Sports Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 130. SHUA Sports Main Business
Table 131. SHUA Sports Latest Developments
Table 132. Jiangsu Kangliyuan Sports Technology Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 133. Jiangsu Kangliyuan Sports Technology Workout Weight Benches Product Portfolios and Specifications
Table 134. Jiangsu Kangliyuan Sports Technology Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 135. Jiangsu Kangliyuan Sports Technology Main Business
Table 136. Jiangsu Kangliyuan Sports Technology Latest Developments
Table 137. Impulse Basic Information, Workout Weight Benches Manufacturing Base, Sales Area and Its Competitors
Table 138. Impulse Workout Weight Benches Product Portfolios and Specifications
Table 139. Impulse Workout Weight Benches Sales (K Units), Revenue ($ Million), Price (US$/Unit) and Gross Margin (2020-2025)
Table 140. Impulse Main Business
Table 141. Impulse Latest Developments

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List Of Figures

LIST OF FIGURES

Figure 1. Picture of Workout Weight Benches
Figure 2. Workout Weight Benches Report Years Considered
Figure 3. Research Objectives
Figure 4. Research Methodology
Figure 5. Research Process and Data Source
Figure 6. Global Workout Weight Benches Sales Growth Rate 2020-2031 (K Units)
Figure 7. Global Workout Weight Benches Revenue Growth Rate 2020-2031 ($ millions)
Figure 8. Workout Weight Benches Sales by Geographic Region (2020, 2024 & 2031) & ($ millions)
Figure 9. Workout Weight Benches Sales Market Share by Country/Region (2024)
Figure 10. Workout Weight Benches Sales Market Share by Country/Region (2020, 2024 & 2031)
Figure 11. Product Picture of Foldable Bench
Figure 12. Product Picture of Flat Bench
Figure 13. Global Workout Weight Benches Sales Market Share by Type in 2025
Figure 14. Global Workout Weight Benches Revenue Market Share by Type (2020-2025)
Figure 15. Workout Weight Benches Consumed in Sports Store
Figure 16. Global Workout Weight Benches Market: Sports Store (2020-2025) & (K Units)
Figure 17. Workout Weight Benches Consumed in Online Retail
Figure 18. Global Workout Weight Benches Market: Online Retail (2020-2025) & (K Units)
Figure 19. Workout Weight Benches Consumed in Department Store
Figure 20. Global Workout Weight Benches Market: Department Store (2020-2025) & (K Units)
Figure 21. Workout Weight Benches Consumed in Franchise Store
Figure 22. Global Workout Weight Benches Market: Franchise Store (2020-2025) & (K Units)
Figure 23. Workout Weight Benches Consumed in Others
Figure 24. Global Workout Weight Benches Market: Others (2020-2025) & (K Units)
Figure 25. Global Workout Weight Benches Sale Market Share by Application (2024)
Figure 26. Global Workout Weight Benches Revenue Market Share by Application in 2025

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Figure 27. Workout Weight Benches Sales by Company in 2025 (K Units)
Figure 28. Global Workout Weight Benches Sales Market Share by Company in 2025
Figure 29. Workout Weight Benches Revenue by Company in 2025 ($ millions)
Figure 30. Global Workout Weight Benches Revenue Market Share by Company in 2025
Figure 31. Global Workout Weight Benches Sales Market Share by Geographic Region (2020-2025)
Figure 32. Global Workout Weight Benches Revenue Market Share by Geographic Region in 2025
Figure 33. Americas Workout Weight Benches Sales 2020-2025 (K Units)
Figure 34. Americas Workout Weight Benches Revenue 2020-2025 ($ millions)
Figure 35. APAC Workout Weight Benches Sales 2020-2025 (K Units)
Figure 36. APAC Workout Weight Benches Revenue 2020-2025 ($ millions)
Figure 37. Europe Workout Weight Benches Sales 2020-2025 (K Units)
Figure 38. Europe Workout Weight Benches Revenue 2020-2025 ($ millions)
Figure 39. Middle East & Africa Workout Weight Benches Sales 2020-2025 (K Units)
Figure 40. Middle East & Africa Workout Weight Benches Revenue 2020-2025 ($ millions)
Figure 41. Americas Workout Weight Benches Sales Market Share by Country in 2025
Figure 42. Americas Workout Weight Benches Revenue Market Share by Country (2020-2025)
Figure 43. Americas Workout Weight Benches Sales Market Share by Type (2020-2025)
Figure 44. Americas Workout Weight Benches Sales Market Share by Application (2020-2025)
Figure 45. United States Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 46. Canada Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 47. Mexico Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 48. Brazil Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 49. APAC Workout Weight Benches Sales Market Share by Region in 2025
Figure 50. APAC Workout Weight Benches Revenue Market Share by Region (2020-2025)
Figure 51. APAC Workout Weight Benches Sales Market Share by Type (2020-2025)
Figure 52. APAC Workout Weight Benches Sales Market Share by Application (2020-2025)
Figure 53. China Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 54. Japan Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 55. South Korea Workout Weight Benches Revenue Growth 2020-2025 ($

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millions)
Figure 56. Southeast Asia Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 57. India Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 58. Australia Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 59. China Taiwan Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 60. Europe Workout Weight Benches Sales Market Share by Country in 2025
Figure 61. Europe Workout Weight Benches Revenue Market Share by Country (2020-2025)
Figure 62. Europe Workout Weight Benches Sales Market Share by Type (2020-2025)
Figure 63. Europe Workout Weight Benches Sales Market Share by Application (2020-2025)
Figure 64. Germany Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 65. France Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 66. UK Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 67. Italy Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 68. Russia Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 69. Middle East & Africa Workout Weight Benches Sales Market Share by Country (2020-2025)
Figure 70. Middle East & Africa Workout Weight Benches Sales Market Share by Type (2020-2025)
Figure 71. Middle East & Africa Workout Weight Benches Sales Market Share by Application (2020-2025)
Figure 72. Egypt Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 73. South Africa Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 74. Israel Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 75. Turkey Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 76. GCC Countries Workout Weight Benches Revenue Growth 2020-2025 ($ millions)
Figure 77. Manufacturing Cost Structure Analysis of Workout Weight Benches in 2025
Figure 78. Manufacturing Process Analysis of Workout Weight Benches
Figure 79. Industry Chain Structure of Workout Weight Benches
Figure 80. Channels of Distribution
Figure 81. Global Workout Weight Benches Sales Market Forecast by Region (2026-2031)
Figure 82. Global Workout Weight Benches Revenue Market Share Forecast by Region (2026-2031)

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Figure 83. Global Workout Weight Benches Sales Market Share Forecast by Type (2026-2031)
Figure 84. Global Workout Weight Benches Revenue Market Share Forecast by Type (2026-2031)
Figure 85. Global Workout Weight Benches Sales Market Share Forecast by Application (2026-2031)
Figure 86. Global Workout Weight Benches Revenue Market Share Forecast by Application (2026-2031)

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