

## LEE Strength Launches New Advantage Benches; Yielding 20% Greater Strength Muscle Gains

Written by Australian Business

---

FORT WAYNE, IN, August 23, 2014 **/24-7PressRelease/** -- LEE Strength has recently introduced a new line of weight lifting equipment including a variety of exercise benches featuring their patent-pending Advantage Back Pad design that increases the bio-mechanical effectiveness of traditional exercises. A special relief-cut back pad allows increased range-of-motion while performing pressing and/or pulling exercises resulting in greater muscle fiber involvement which translates to higher strength and muscle mass gains.

Tom, the owner of LEE Strength, as well as a Doctor of Physical Therapy and Certified Strength and Conditioning Specialist notes that "When participating in weight-lifting type training the ultimate goal is to engage as much of the targeted muscle fiber tissue as possible. There are different ways to do this, but one key factor is to use the longest available length of the muscle fibers, which equates to its range-of-motion. When designing the Advantage Pad Benches our goal was to maximize the end user's range-of-motion while performing these specific type of exercises to improve their strength and muscle gains; and we greatly succeeded."

LEE Strength's Advantage Benches are part of their vast and recognizable strength equipment line. Specializing in top quality and innovative free weight equipment, LEE Strength continues to be an industry trend setter in customizable gym equipment.

LEE Strength is an industry leader in the manufacture of top quality free weight exercise equipment. Specializing in outfitting top tier athletes and joining the effort to a healthier and fitter America.

Contact To Learn More About This

Topic <http://www.LEEStrength.Com> tom@leestrength.com Office: (419)-786-9365