

FID3 FLAT- INCLINE-DECLINE WEIGHT BENCH

Introducing the FID3, a simple, strong, 7-position ladder style dumbbell and workout bench.



DIMENSIONS

Weight

65 lbs / 29.48 kgs

Product Dimensions

L - 54 in / 137.2 cm

W - 23.4 in / 59.4 cm

H - 15.5 in / 39.4 cm to top of pad in flat position

Max H - 50in / 127cm to top of pad in upright position

Residential Warranty

Limited lifetime on all parts, components, and finishes

FEATURES

Fully Adjustable Weight Bench

Ladder style with 7-position back pad adjustments and 3-position seat pad adjustments.

Comfort & Stability

Extra heavy-duty upholstered pads provide comfort and stability during any exercise.

Quality Construction

Heavy-duty steel with single welded frame construction means this bench is built to last.



SPECIFICATIONS

Frame - Heavy-duty steel, matte black textured powder coat paint finish

Bench Pads - Extra heavy-duty, thick upholstered pads provide comfort and stability

Fully Load Tested - Strength capacity ratings of 500 lb weight capacity

Bench Positions - 7-position back pad adjustments: - 12 decline, 0° at, 15°, 30°, 45°, 60° and 80° incline angles with traction grip handles

Seat Positions - 3-position pull pin style seat pad adjustments - 0°, 7° and 14°