

MULTI- ADJUSTABLE FLAT INCLINE-DECLINE WEIGHT BENCH

Introducing the FID5, a simple, multi-adjustable dumbbell bench with unique mid-pad adjustment.



DIMENSIONS

Weight

67.5 lbs / 30.61 kg

Product Dimensions

L - 55.6 in / 141.2 cm

W - 26.8 in / 68.2 cm

H - 17.8 in / 45.3 cm (To top of pad in flat position,
42.4 in / 107.8 cm to top of pad in upright position)

Residential Warranty

Limited lifetime on all parts, components,
and finishes

FEATURES

Unique Bench Adjustment

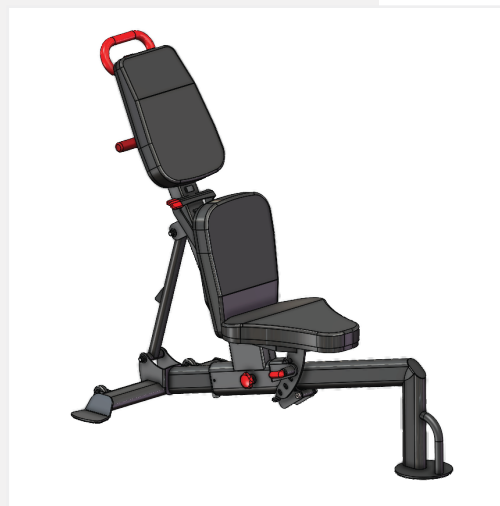
A one-of-a-kind split back pad with remote handle adjustment allows for safe, effective, and efficient dumbbell workouts.

Maximum Versatility

With a slide and ladder style 7-position back pad adjustment, 4 position seat adjustment, and 4-position mid back rest - there's endless usability and fit in this bench.

Comfort & Quality

Heavy-duty upholstered pads provide comfort and stability during any exercise. And a steel, single-welded frame 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: - 15 decline, 0 flat, 15°, 30°, 45°, 60° and 75° incline angles with traction grip handles.

Seat Positions - 4- position pull pin style seat pad adjustments. 0°, 10°, 20° and 30°.