

**Body-Solid**  
Built for Life



## FLAT / INCLINE BENCH

#GFI21

THE  
**BEST**  
IN BENCHES...PERIOD

Without a doubt, the cornerstone of all strength training equipment is the freeweight bench.

- Commercial 2" x 3" heavy gauge steel mainframe.
- "Glide & Lock" seat and back pad adjustment system.
- Adjusts from flat to 90° in 9 positions with convenient "one-touch" pop-pin.
- Full 2¾" thick DuraFirm™ seat and back pads.
- Ideal for home and commercial use.

**17½"H x 52"L x 21"W**  
(46"H when inclined)

