

GFID100B Adjustable Bench

Body-Solid®
Built for Life



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The Body-Solid GFID100B Flat Incline Decline Bench is a stand-out FID bench suitable for both home and commercial settings.

The heavy-duty 2" x 3" steel frame can easily handle a load capacity of 600 lbs while the back and seat pads lock into eight positions to align your body for perfect posture in all your exercises. Ultra-thick DuraFirm upholstery supports you comfortably through the most intense workouts.

Lock your legs in the leg lock-down featuring oversize rollers for extra comfort and stability while you perform upper and lower abdominal exercises as well as incline and decline strength training.

Weight: 53 lbs.

Dimensions: 66"L x 28"W x 19"H

Special Features

- Independent back (ladder style) and seat pad (pull pin) adjustments
- Included foot hold for stability in decline position
- Transport wheels for easy movement
- 14-gauge 3" round mainframe
- Optional attachments: Leg Developer GLDA3, Preacher Curl GPCA1

Warranty



Frame & Welds Lifetime
Bushings and Hardware 3 Years
Pads, Cables and Grips 1 Year



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