

# Fitness Breakthru

Personalised Fitness Equipment Specialists

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## Specs – Flat / Incline / Decline Bench (GFID31)



Ask any personal trainer or fitness professional what they would buy if they were only allowed to purchase one piece of strength training equipment and the Flat / Incline / Decline Bench is sure to be at the top of the list. Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks. Allows proper form and positioning for incline press and shoulder press exercises in all racks. Improved design features quick, easy, solid and secure 6-position ladder-style back pad adjustment. Eight-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip flexor alignment. Includes T-bar Leg Hold Down Attachment and thick, rich DuraFirm™ Upholstery. Includes wheels for easy mobility. Over 1000 lb. capacity.

- Over 1,000 lbs. capacity.
- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks.
- Improved design features quick, easy, solid, and secure 6-position ladder-style back pad adjustment.
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment.
- Includes T-Bar Leg Hold Down Attachment
- Expandable for Leg Developer (#GLDA1), Preacher Curl Attachment (#GPCA1).
- Thick, rich, DuraFirm™ upholstery.
- Includes wheels for easy mobility.

**Dimensions:** 55cm(H) x 149cm(L) x 68cm(W)

*Body-Solid®*