

GFID31

Body-Solid Flat / Incline / Decline Bench

Body-Solid®
Built for Life



Dumbbells sold separately



GFID31

Flat / Incline/ Decline Bench

Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks. Body-Solids GFID31 Flat / Incline / Decline Bench 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 and has over 600 lb. weight capacity.

Weight: 57 lbs.

Dimensions: 59"L x 27"W x 22"H

Special Features

- Includes T-Bar Leg Hold Down Attachment
- 600 lbs. capacity
- Thick, rich, DuraFirm™ upholstery
- Includes wheels for easy mobility
- Height to pad –flat position 20"
- Back pad 9.5" wide

Warranty



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



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime