



FID46

Body-Solid - Flat/Incline/Decline Bench



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The FID46 is based on a heavy gauge 3" round stock steel mainframe, with a 9-position seat and back pads that are a full 2 $\frac{3}{4}$ " thick and will never bottom out—guaranteed. Perfect for all types of barbell and dumbbell exercises, the FID46 works great in Power Racks, Smith Machines and the strongest leverage gym system in existence.

Dimensions: 31"H x 75"L x 28"W

Special Features

- Lifetime warranty
- Heavy duty 3" round stock steel mainframe with extra wide base for maximum stability
- Full 2 $\frac{3}{4}$ " seat and back pads that will never bottom out
- Leg developer with upholstered 4"x8" rollers and oversized brass bushings for friction free movement
- Features arched lying leg curl station that provides proper lower back support during the lying leg curl exercise