INSPIRE BY CENTR

FID7 BENCH

FLAT-INCLINE-DECLINE WORKOUT BENCH

Model #: FID7.1

This sturdy, multi-functional workout bench is ideal for a wide range of athletes. It has an extended range of incline and seated positions including a one-of-a-kind mid-back seat adjustment. Designed with versatility in mind, the FID7 is compatible with leg extension/curl and preacher curl attachments to maximize your workout.



SPECIFICATIONS



7 Position Back Pad Adjustments
-15 decline, 0 at, 15°, 30°, 45°, 60° and 75° incline angles with traction grip handles

4 Position Seat Adjustment
Pull pin style seat pad adjustments
0°, 10°, 20° and 30°

Frame
Heavy-duty steel, matte black powder coated

Max User Weight
500 lb/ 227 kg

FEATURES

Innovative Back Pad Adjustment
A one-of-a- kind split back pad with remote handle adjustment allows you to get in any optimal position for safe, effective, and efficient dumbbell workouts

Maximum Adjustability
Ladder-style 7-position back pad adjustment, 4-position seat adjustment, and 4-position mid back rest support a wide array of functional and strength training exercises

Built to Last
Heavy-duty upholstered pads, soft foam padding and a steel, single-welded frame delivers a comfortable and durable workout bench

Versatile & Intentional
Pair this bench with optional attachments to complete your workout - preacher curl and leg extension/leg curl attachment for more versatility

Easy to Position
With a sturdy handle and built-in wheels, getting the bench into an optimal workout position is easy to do

DIMENSIONS

Product Dimensions
55.6 in L x 26.8 in W x 17.8 in H
141.2 cm L x 68 cm W x 45.2 cm H

Product Weight
67.5 lb / 30 kg

Consumer Warranty
Limited Lifetime

**Product specs subject to change*

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