



T-FID FLAT, INCLINE, DECLINE BENCH

SKU: T-FID





PRODUCT
DESCRIPTION

The T-FID (Flat, Incline, Decline) bench is great for hitting multiple angles when you workout. Ideal for home and light commercial use, the bench has a thick, firm, 2.5" pad wrapped in very durable textured vinyl for maximum comfort and support.

The solid steel ladder has 7 positions, including -15(decline), 0 (flat), 20, 35, 50, 65, and 85 degrees to accommodate any workout routine. The seat has multiple adjustment angles to give you more support as your back angle changes. Great as an incline bench, and also to get some decline bench workouts in as well!

Innovative features include a bare steel back adjustment ladder to prevent the chipping and flaking of paint from metal-on-metal contact seen on other adjustable benches. It also features a small padding spacing of 4cm.

ADDITIONAL
INFORMATION

More Information	
Warranty	1 Year
Product Weight	38kg
Max Load	400kg
Product Dimension	150 x 67 x 46cm (L x W x H)