

# Flat / Incline / Decline Bench

## Body-Solid

## GFID31

*Flat/Incline/Decline, Perfect fit for all Smith Machines, Power Racks, and Press Racks...*

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.

- Over 500kg 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		USAGE
Length	150 cm	Home & Commercial
Width	70 cm	
Height	56 cm	

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