



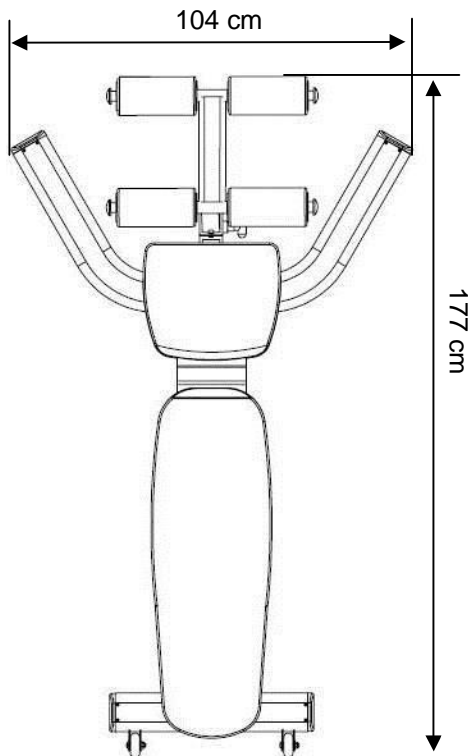
Product Data Sheet

NFID

Flat/Incline/Decline Bench

NFID COMMERCIAL Flat/Incline/Decline Bench

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. Multi-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 1000Lb Capacity



SPECIFICATIONS

- A. Mainframe: Heavy-Gauge 1.968" X 3.937" ovaltubing (50 x 100 x 2.5T mm)
- B. Upholstery (B/R): Durable double stitched upholstery (ergonomic design)
- C. Over 1,000 lbs. capacity
- D. 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
- E. Continuous welds at all joints
- F. Extra-wide and solid base provides maximum stability.
- G. Adjustable seating
- H. Moulded rubber feet with a slip-resistant texture
- I. Ideal for home and commercial use
- J. Electrostatically applied powdercoat paintfinish, metallic silver
- K. Product Weight: 92lbs / 49 kg
- L. Dimension: 70%L x 41" W x 30%H (177 cm x 104 cm x 75 cm)
- M. Packing: 2 Cartons, 7.7 Cubic Feet