



## GFID100

### Body-Solid - Heavy Duty Flat Incline Decline Bench



Optional Attachments:



**GPCA1**  
Preacher Curl Attachment



**GLDA3**  
Leg Developer Attachment

### **GFID100** Body-Solid -Heavy Duty Flat Incline Decline Bench

The all-new Body-Solid GFID100 Flat Incline Decline Bench is a stand-out FID bench suitable for both home and commercial settings.

The heavy-duty 2" x 3" steel frame can easily handle a load capacity of 600 lbs while the back and seat pads lock into eight positions to align your body for perfect posture in all your exercises. Ultra-thick DuraFirm upholstery supports you comfortably through the most intense workouts.

Lock your legs in the leg lock-down featuring oversize rollers for extra comfort and stability while you perform upper and lower abdominal exercises as well as incline and decline strength training.

Convenient transport wheels let you move the GFID100 effortlessly in and out of any rack for the ultimate in versatility.

Dimensions:

GFID100 Bench: 67" L x 28" W x 21" H