

# Multi Bench Body Solid Incline Decline PFID130x

The Body Solid PFID 130X Flat Incline Decline Bench is a flat incline decline adjustable bench. It offers the right positions for diagonal and shoulder exercises. With 6 backrest positions and an 8-position adjustable seat, it enables bended knee sit-ups and ab crunches, among other exercises.



## SPECIFICATIONS

Build up size (H) cm (LxWxH)	51 (L) x 152 (W) x 71
Weight	30 kg
Maximum user weight	220 kg