

Inspire Fitness FID Bench (Flat/Incline/Decline)

£329.00

Product Images



Short Description

An excellent quality bench at a great price, the Inspire Fitness FID bench is perfect for any home gym or fitness facility. This adjustable free weight bench has a 6 position back rest so you can perform exercises at multiple angles. It goes from incline positions through flat, to decline allowing you to perform a huge range of exercises with dumbbells, barbells etc.

The FID Bench

The heavy duty Inspire Fitness FID bench is built to last with a sturdy frame, durable upholstery and has a weight capacity of up to 1000lbs (454kg). Transport wheels are fixed to the base so you can use it on its own or simply move it into position in a rack or cage. If you want more out of the bench it is compatible with the Inspire Fitness preacher curl and leg extension/curl attachments. It is also the perfect addition to FT1 functional trainer. With a strong home and commercial warranty, this bench ticks all the boxes.

Description

Inspire Flat Incline Decline Bench

A high quality adjustable bench from Inspire Fitness that can be used at home or in a gym/class environment. Built to cope with the demands of regular use, the Inspire Fitness flat, incline, decline bench will not let you down.

Free weight benches form a key part of any workout facility and allow you to perform a huge range of exercises with dumbbells, barbells and other free weights. This bench is able to move from incline positions through flat and decline so you can set it up to the level you want. Backed with a lifetime frame and parts and 90 day upholstery home warranty, you'll struggle to find a better value bench.

*Compatible with the Inspire Preacher Curl and Leg Extension/Curl Attachments.

Additional Information

SKU	FIDB
Weight	28.000000
Equipment Usage	Home & Light Commercial Use
Warranty	Home - Lifetime Frame & Welds, 3 Years Parts, 2 Years Cables, 90 Day Upholstery & 1 Year Labour; Commercial - Lifetime Frame & 10 Years Parts, 1 Year Cables, 90 Day Upholstery (Up to 6 hours usage per day)
Additional Features	Heavy Duty Rectangular & Round 11 Gauge Tubular Steel. 2 tone Electrostatic Powder Coat offers a durable maintenance free finish. Contoured Orthopaedic Pads.
Max User Weight	454kg / 1000lb / 71 Stone
Accessories Available	Optional Leg Developer & Preacher Curl Attachment
Length Dimensions	150cm / 59"
Width Dimensions	61cm / 24"
Height Dimensions	119cm / 47"