

# F320 F/I/D BENCH

BODYCRAFT

## A SOLID ADVANTAGE

The F320 Flat / Incline / Decline System Bench was Specifically Designed to Work with the BODYCRAFT Jones Machines, Smith Machines, or Racks like the BODYCRAFT F430 Power Rack. As the Bench Inclines, the Pads Slide Back Staying in Line with the Bar, So You Spend Less Time Maneuvering the Bench Forward and Back. No Need to Turn the Bench Around when Performing Exercises Like a Shoulder Press.



### POP AND SLIDE

With a Simple Pull of The Pop-Pin You can Easily Slide the Back Pads into One of 8 Positions. From Decline to Flat to Incline. Let the F320 help You Power Through your Workout.



### GET LOW

Our F320 FID Bench was Designed to Move Lower to the Floor when Inclining. This Feature Provides the User with a Lower Center of Gravity and an Extremely Stable Lifting Position which Translates into More Confident and Powerful Exercises.



### WRAP IT UP

2" Thick High Density Foam Tightly Wrapped in High Quality Vinyl and Stitched with an Aesthetically Pleasing Contrasting White Commercial Thread



# F320 F/I/D BENCH

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# FEATURES AND SPECS

## FEATURES

- Great Dumbbell Bench! 20" Tall in Flat Position and Gets Lower from There. Making Dumbbells Easy to Reach
- 8 Incline Positions- (-20°, 0°, 15°, 30°, 38°, 45°, 60°, 70°)
- Comfortable Seat and Seat Back Use 2" Thick, High Density Foam, Covered in Vinyl with Upholstered Back Covers
- Seat Declines for Extra Comfort and Stability when Bench is Inclined
- Accepts Attachments (Model F610 Arm Curl and F611 Leg Ext. /Curl)
- Transport Wheels for Easy Maneuvering
- Pop-Pin Allows You to Easily Switch or Remove Attachments Built For Commercial Use
- Stylish, Durable, and Comfortable Pads Fully Wrapped in Industrial Grade Vinyl
- Extremely Solid and Stable Construction

## SPECS

- CONSTRUCTION: 2" X 3", Heavy-Gauge Steel Tubing
- UPHOLSTERY: 2" Thick High Density Foam Covered in Industrial Grade Vinyl and Upholstered Back Covers
- DIMENSIONS: 62.6" L x 20.9" W x 20" H
- WEIGHT CAPACITY: 1,000 lbs
- ASSEMBLED WEIGHT: 74 lbs

## WARRANTY

- RESIDENTIAL: Lifetime- Frame / Lifetime- Parts
- LIGHT COMMERCIAL: 10 year- Frame / 2 year- Parts / 6 months- Wear Items



EASY TRANSPORT WHEELS



LEG HOLD DOWN - FOAM ROLLER



\*OPTIONAL F611 LEG EXTENSION/CURL ATTACHMENT



\*OPTIONAL F610 ARM CURL ATTACHMENT