

# FID46

## Body-Solid -Flat/Incline/Decline Bench

*Body-Solid*<sup>®</sup>  
Built for Life



*Shown with optional Bumper Plates and Collar*

### FID46

## Flat/Incline/Decline Bench

The heavy duty FID46 Bench is based on a heavy gauge 3 inch round stock steel mainframe. The 9-position seat and back pads are synchronized for movement. Both have pads that are a full 2¾ inch thick and will never bottom out. The FID46 Bench works great in Power Racks, Smith Machines and the strongest leverage gym systems. In addition to all the intense upper body exercises the FID46 Bench delivers, the removable Leg Developer provides a concentrated lower body workout. Featuring upholstered 4" x 8" rollers and oversize brass bushings for friction-free movement. Load up the Olympic plate post and perform leg extensions with full 90 degree seat back support and lying leg curls from the traditional arched prone position. Two sets of cushioned hand grips for stability when doing leg curls and leg extensions.

Weight: 126 lbs  
Dimensions: 75"L x 28"W x 31"H

## Special Features

- Synchronized seat and back pad adjustments with glide and lock pull pin
- Includes leg developer for prone leg curls and seated leg extensions
- 13-gauge 3" round mainframe
- 9 positions from -20° decline, flat, and 70° incline

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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