

Available at Ironcompany.com®



*TRAIN THE WAY
YOUR BODY MOVES*

FSFIB

FLAT-TO-INCLINE BENCH

MULTI-ANGLE ADJUSTABLE BENCH

In addition to being an option for the F2 and F7 functional gyms, the FSFIB Free Standing Flat to Incline bench makes a great all purpose dumbbell bench. The unique rocker-slide one-handed paddle adjustment keeps the user in perfect position while they go from chest to incline to shoulder presses - Without requiring the bench to be repositioned. The adjustment also lowers the seat height for the incline positions which keeps the users knees positioned higher than the hips, eliminating stress on the back.

Dimensions	L x W x H: 51" x 29" x 18.5" (129cm x 74cm x 47cm)
Machine weight	66 lbs (30 kg)
Weight stack	200 lb (68 kg) weight stacks
Finish	Platinum powder coat and chrome plating
Adjustable back pad	Yes, 0°, 30°, 45°, 60°, 75° incline
Adjustable seat pad	Yes, 0°, -15° decline

Premium Cushions

Commercial grade, double-stitched vinyl on contour molded high resilient cushions.

Adjustable Seat Pad Angle

Flip-up seat pad allows it to be incline with back pad when in the flat position and declined to lock user in for incline positions.

Integrated Wheels

Wheels allow bench to be positioned easily and are spaced apart 29" for stability.

User-friendly handle for mobility

Urethane molded handle on the front leg enable the bench to be easily moved.



Vertical Storage Position

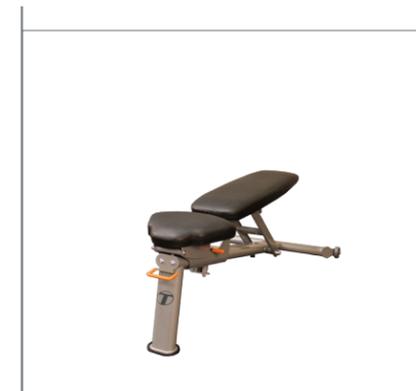
Stand-up design allows bench to be stored in a vertical position and inside the F7 doors for space efficiency.

Paddle Incline Adjustment

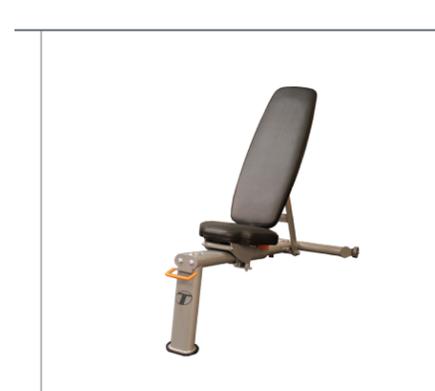
Urethane molded one-handed paddle adjustment allows user to adjust bench while seated.

Molded Foot

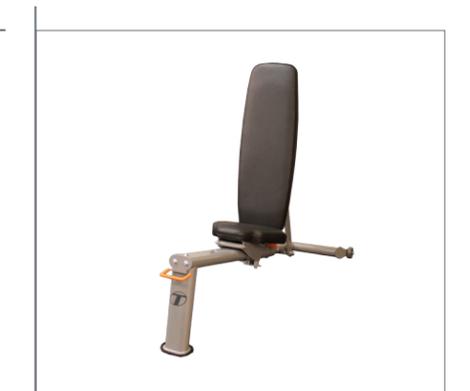
Rubber molded foot keeps bench from sliding during exercises and prevents scratches on floors..



Flat Back/Flat Seat



45° Incline Back/Decline Seat



75° Incline Back/Decline Seat

EXPAND YOUR TRAINING OPTIONS



Integrates with the F2 the F7 or use for dumbbells



Simple to adjust



Easy to lift and move on wheels

WARRANTY

Frame and welds
Parts
Upholstery, cables, grips, handles

RESIDENTIAL

Lifetime
Lifetime
10 years

COMMERCIAL

10 years
1 year
90 days



Torque Fitness
13750 Crosstown Drive NW
Suite L100
Andover MN, 55304
info@torquefitness.com
Toll Free 1-877-867-7835
www.torquefitness.com

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