

BFFID10

Best Fitness Flat/Incline/Decline Folding Bench

Optional Attachments:



Leg Developer & Preacher Curl Attachment



BFFID10 **Best Fitness Flat/Incline/Decline Folding Bench**

Designed to be used straight out of the box, the Best Fitness Folding Bench is functional, compact, portable and durable to offer all the flexibility you need to get all the benefits of resistance training without the high cost of a home gym. When your finished with your workout, simply fold it up, and store it away!

The BFFID10 lets you pull the pin on 12 different starting positions for a variety of exercises and a varying degree of for each session.

Dimensions: 36"H x 46"L x 18.5"W

Special Features

- 3-year Best Fitness in-home warranty
- 12 starting positions: Easily adjusts from a 10° negative decline to a 70° positive incline starting position
- Safety pins and bolts allow for easy adjustments, disassembly or permanent set up
- Can also be used in conjunction with preacher curl/leg accessory
- No assembly required