



Folding FID Home Bench

SKU: F-FOLD-FID

Product Images







Short Description

Cover every angle and get the edge in at-home fitness training with the **Force USA Folding FID Home Bench**. Engineered with heavy-gauge steel and fitted with high-density foam padding, the **Force USA Folding FID Home Bench** is built solid so that you can perform free weight exercises easily and comfortably. This compact and light bench folds down to fit under your bed for easy storage.

Description

Why should you buy the Folding FID Home Bench from Force USA®?

KEY FEATURES



DURABLE AND VERSATILE

Build and tone your biceps, triceps, chest, back, shoulders and more with this folding weight bench. Designed with thick heavy-duty high tensile steel and finished in environmentally-friendly powder coating, you won't have to worry about anything other than your workout.



FOUR LEVELS OF ADJUSTMENT

This **bench** can be maneuvered for **decline, flat, 45-degree and 90-degree incline**, giving you four different positions to choose from; whether it's military presses, bench presses, or even bent-over rows, this home bench lets you do them all.



COMPACT AND EASY TO STORE

Are you exercising in minimal space? This bench easily folds flat for storage under your bed, spare room or even your car! Simply fold the support legs down to enable the bench to be flattened.



TRAIN IN COMFORT

The **Force USA Folding FID Bench** is designed with comfort in mind. Constructed with thick, durable high-density foam padding and commercial vinyl equipped with a rip-stop mesh backing to help prevent rips and tears.

SPECIFICATIONS

- 90° Incline
- 45° Incline
- Flat
- Decline
- **Max User Weight:** 220 kg
- **Flat Dimensions:** 123(L) x 40(W) x 44(H) cm
- **Folded Dimensions:** 116(L) x 40(W) x 20(H) cm

About Force USA®:

One of the **leading brands** in the distribution and sale of **cardio** and **weight training gym equipment**.

Additional Information

Use	Home
Colour	Black
Manufacturer	Titanium Strength
Width cms.	40
Height cms.	44
Large cms.	123
Max user weight (kg)	220 kg
Material	Acero Inox