

FREEMOTION.

BENCHES & RACKS

FID BENCH

MODEL # FMDY509063



STRENGTH BENCHES & RACKS

To Freemotion, FID means 'Flat, Incline and Decline.' This red and black FID Bench offers the most functionality in one bench. Durable, long lasting pads along with an 11 gauge steel frame provide the perfect foundation for this multi-use piece. Additional foot rollers anchor in the feet for abdominal work and core strength. Because this Freemotion FID Bench has wheels, it's the perfect transitional piece to place in front of strength-training machines and work into HIIT classes.



BENCHES & RACKS FID BENCH

PRODUCT BENEFITS

ADJUST AND GO

Easy ladder-style adjustments are intuitive and take seconds to change.

SAFER

Protected contact points have been coated for member and trainer protection.

COMFORT-DRIVEN

An extra wide seat pad with knee support makes the workout as comfortable as possible so members can focus on a results-driven experience.

WHEELS FOR MOBILITY

Thanks to convenient the FID Bench's convenient wheels, this training tool can be moved around from place to place.

FOOT ROLLERS FOR DECLINE/AB WORKOUT

Lock feet into place for a targeted ab workout. Generous padding keep things comfortable.

HANDLE FOR EASY MOBILITY

Move the FID bench from the strength area to the cardio floor with a handle that makes moving it easier.

FRAME | 11 Gauge Steel Frame

FRAME COLOR | Platinum, additional frame colors available at an up-charge.

MACHINE WEIGHT | 153.9 lbs (69.8 kg)

PRODUCT DIMENSIONS | 64.9 x 24.5 x 18.6 in (164.8 x 62.2 x 47.2 cm)

INCLUDED ATTACHMENTS

- » 3x3 in (7.6 x 7.6 cm) main frame
- » Pop pin angular horizontal adjustment
- » Pop pin vertical foot plate adjustment
- » Heavy duty diamond plate foot plate with reverse hyper grips
- » Split pad half moon hip pads for added comfort
- » Band peg anchor points
- » Footplate anchor options for maximum stability
- » Carriage bolt hardware for a smooth and clean finish

WARRANTY US AND INTERNATIONAL

Lifetime - Structural Steel Frame | **5 Year** - Wear Guards/UHMW, Rubber & Plastic, and Finish | **1 Year** - Fitness Products, and Pads, Grips, Components | **90 Days** - Accessory Products.