

FITNESS LINE BENCHES & RACKS

The perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

Flat/Incline/Decline Bench

FS-20

- 6 position adjustment from -10 to 80 degrees.
- · Wheels for easy moving.
- Dimensions:49" deep x 31" wide x 19" tall



Ab Crunch Bench

FS-21

- Back pad angled 20 degrees and dual ankle pads for comfort and ergonomics.
- · Wheels for easy moving.
- Dimensions: 46" deep x 24" wide x 23" tall



Low Back/Abdominal Bench

FS-22

- Unique easy to adjust design for both back extension and abdominal crunch exercises.
- 7 position thigh pad at 45 degrees for proper ergonomics during back extension.
- Back pad angled 15 degrees and 3 position ankle pad for support during abdominal crunch.
- Dimensions: 51" deep x 31" wide x 32" tall





Knee Raise/Dip/Chin

FS-23

- Back pad at 75 degrees and angled elbow pads for proper support during knee raise exercise.
- Multiple grip chin bar and dip handles.
- Dimensions: 45" deep x 37" wide x 86" tall



3 Tier Flat Tray Dumbbell Rack

FS-24

- Top tray accommodates kettlebells or dumbbells.
- Shown with optional Medicine Ball Rings.
- Dimensions: 29" deep x 42" wide x 39" tall 29" deep x 63" wide x 39" tall (with optional Med Ball Rings).



Smith Machine

FS-30

- 8 position bar catch assembly with dual adjustable safety stops.
- Multiple grip chin bar for exercise variation and 8 storage posts standard.
- Dimensions: 54" deep x 77" wide x 84" tall



^{*} Accessories shown are not included

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