

Body-Solid®
Built for Life



GFID31

Flat/Incline/Decline Bench



Optional Attachments:

GPCA1

Preacher Curl Station

GLDA1

Leg Developer Station: 4 Roller



GFID31

Flat/Incline/Decline Bench

Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks. Allows proper form and positioning for incline press and shoulder press exercises in all racks. Improved design features quick, easy, solid and secure 6-position ladder-style back pad adjustment.

Eight-position seat pad adjustment allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip flexor alignment. Includes T-bar Leg Hold Down Attachment and thick, rich DuraFirm™ Upholstery. Includes wheels for easy mobility.

Dimensions: 22"H x 59"L x 27"W

Special Features

- Lifetime warranty
- Specifically designed with a shortened base frame to fit perfectly in all Smith Machines, Power Racks, and Multi-Press Racks
- Improved design features quick, easy, solid, and secure 6-position ladder-style
- Adjustable seat pad allows all size users to do bent knee sit-ups and ab crunches with proper lower back support and hip alignment
- Includes T-Bar Leg Hold Down attachment
- Expandable for Leg Developer (#GLDA1), Preacher Curl Attachment (#GPCA1)



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