



Keeping South Florida Healthy  
& Fit for over 20 Years!

**Body-Solid**  
Built for Life

## GFID31

### Flat/Incline/Decline Bench

#### Optional Attachments

- Preacher Curl Station
- Leg Developer



#### **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

- 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)



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM