

Banco FIDPRO inclinable declinable

FIDPRO + FR-LC-SU-AC-APD-LP



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



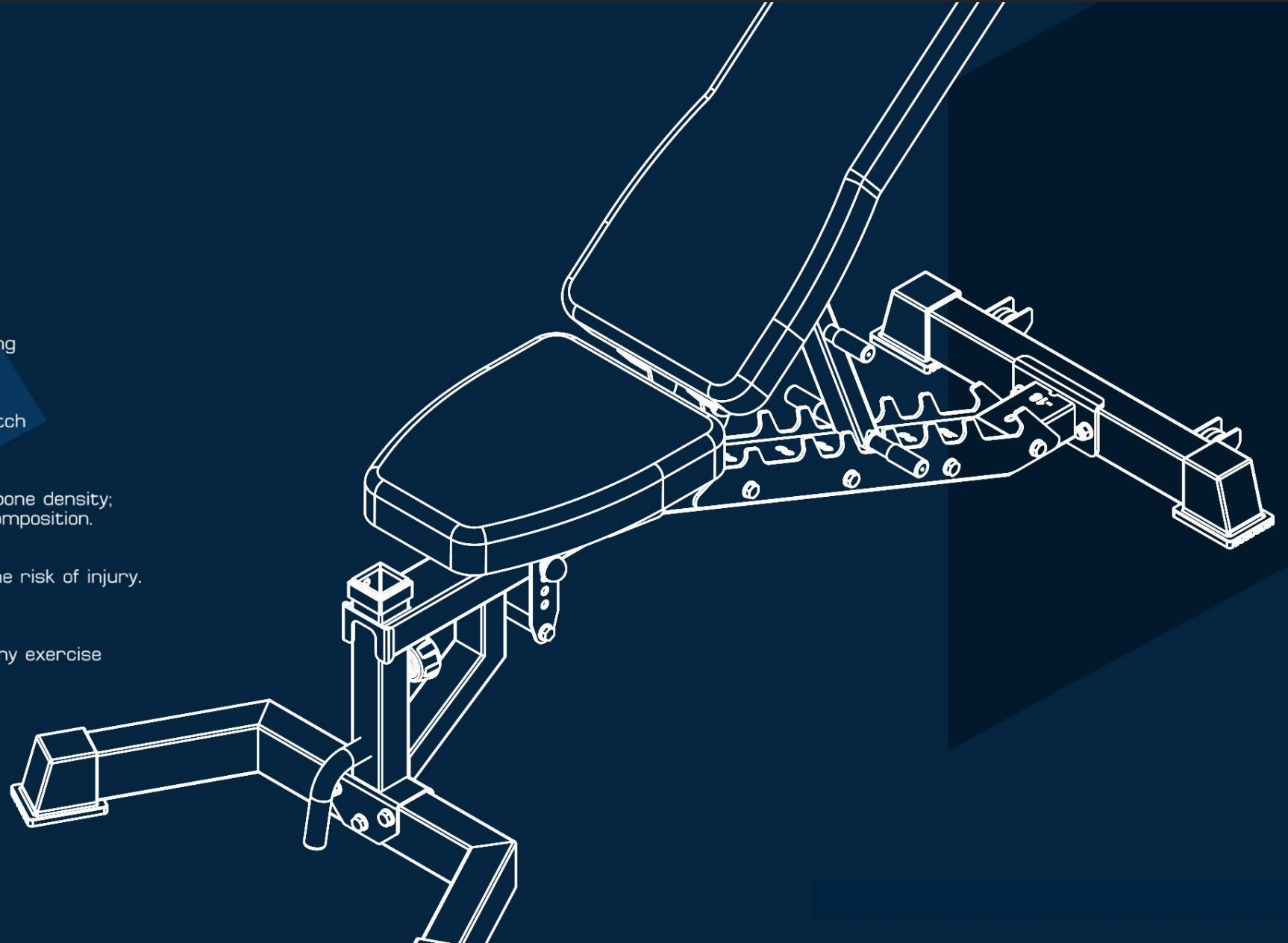
FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.



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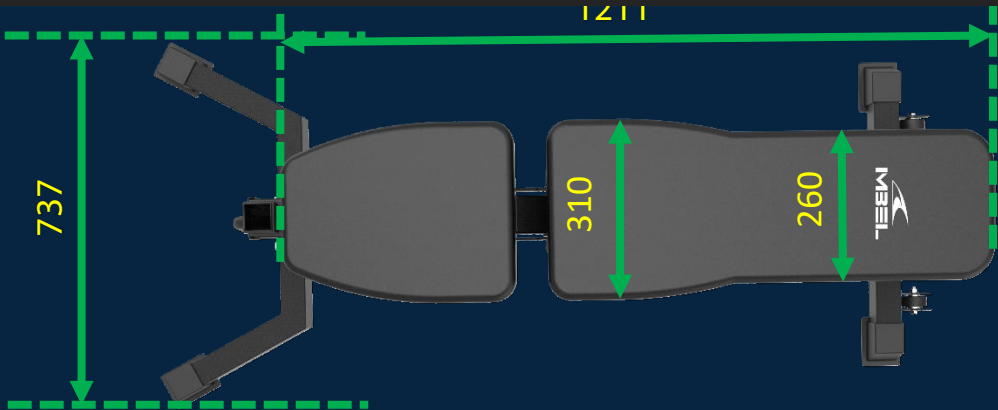
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UTILITY BENCH

Assembled Dimensions

Area Required : 1.1 m²

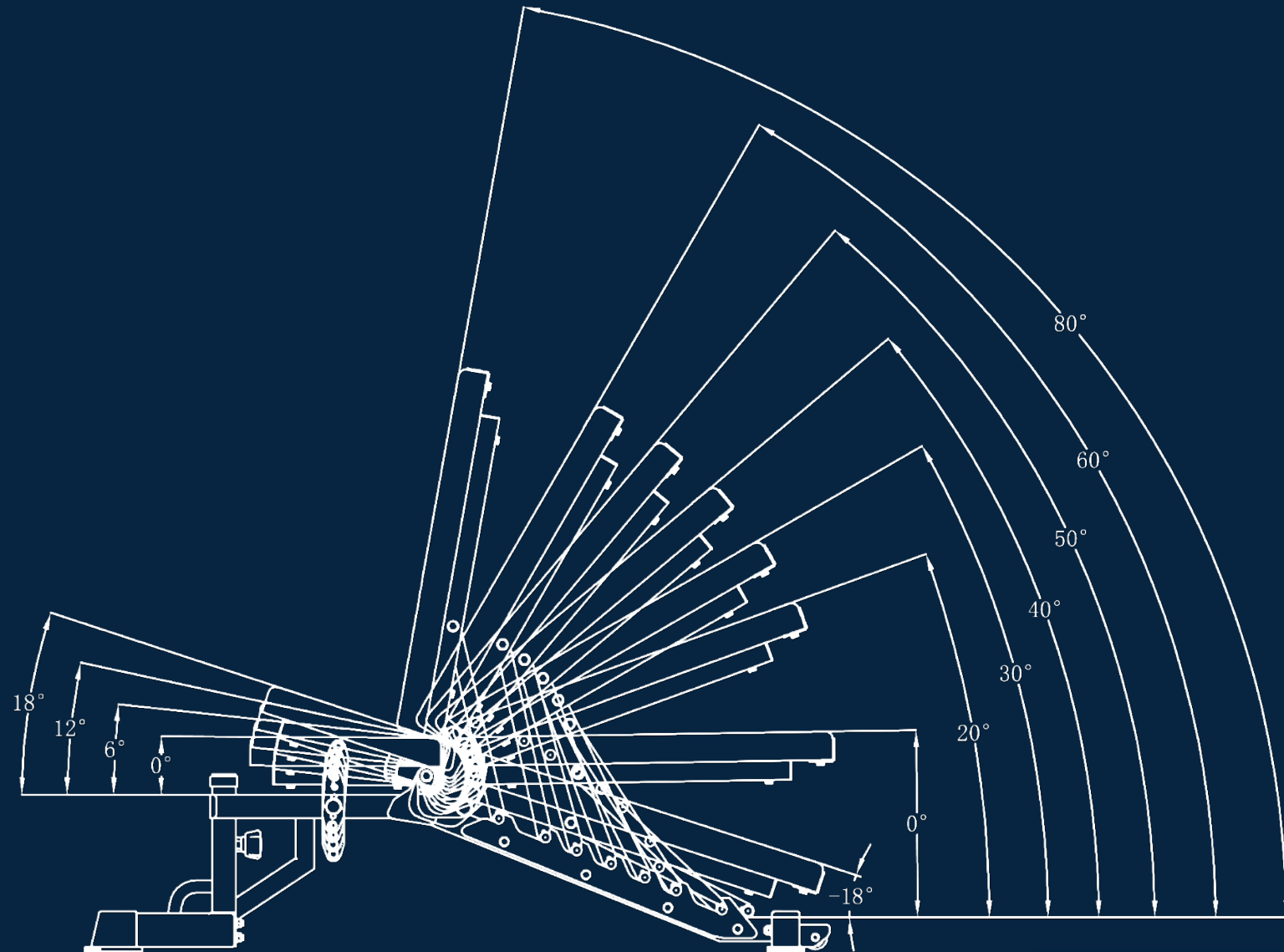


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UTILITY BENCH

Cushion Adjustment Angles



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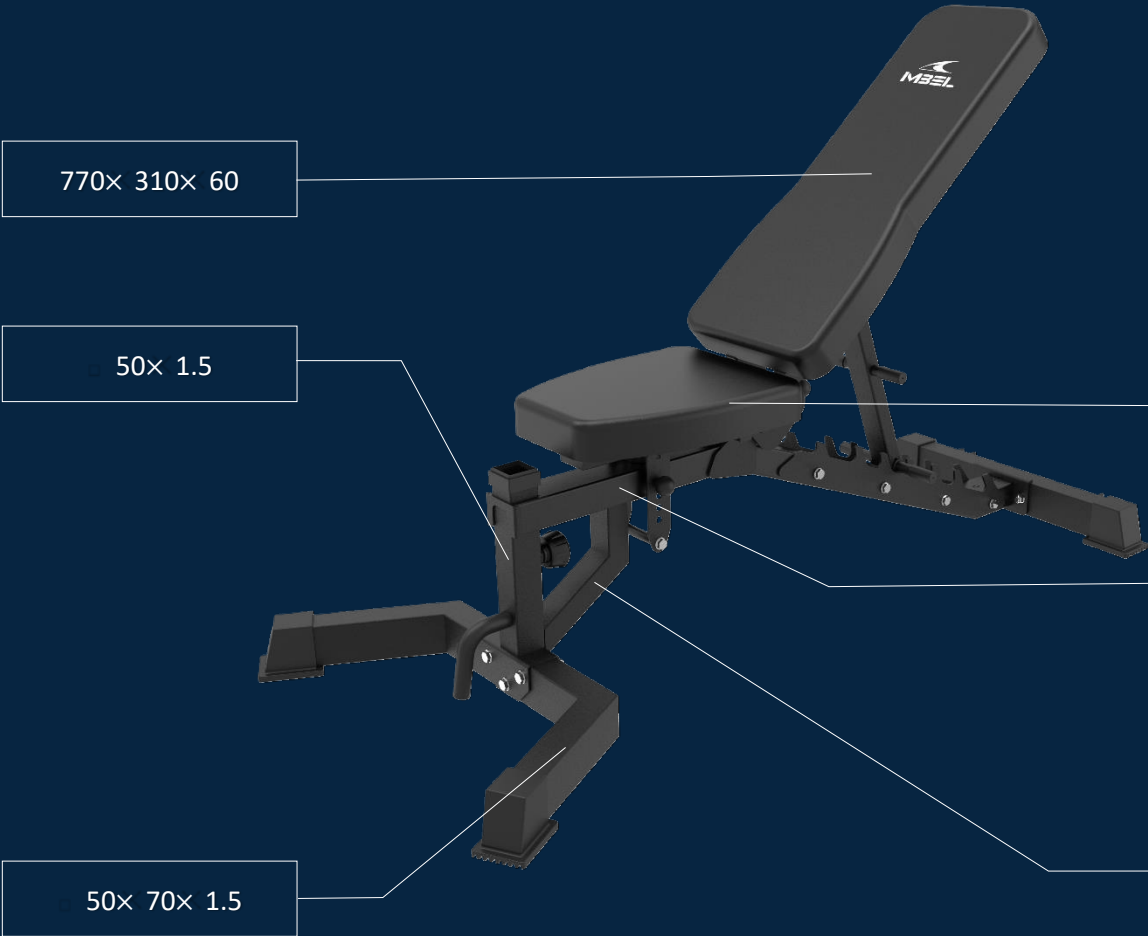


UTILITY BENCH

Main Tube Size and Maximum Weight

Maximum user weight:350lbs

Maximum weight capacity
(including user weight): 850lbs



25x 2x 755

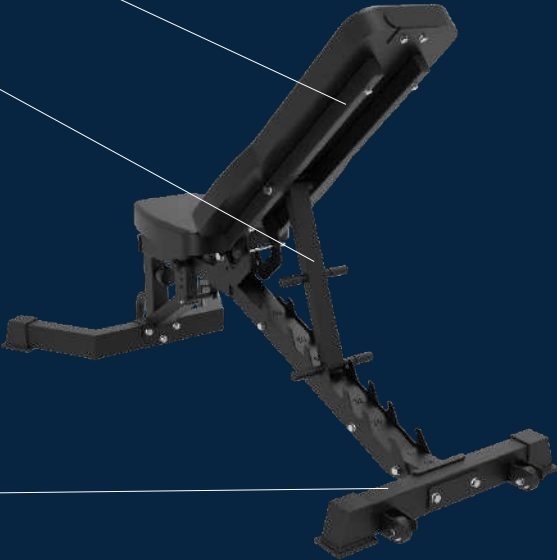
Φ95x ϕ22x 180

400x 310x 60

50x 70x 2

50x 70x 1.5

40x 50x 1.5



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UTILITY BENCH

Characteristic



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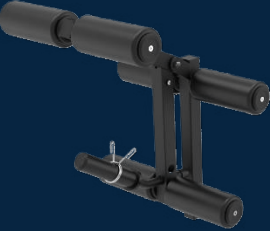
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UTILITY BENCH

Accessories Display

5 optional accessories to meet different training needs.

ARM PUSH DOWN OPTION	ARM CURL OPTION	LAT PULL OPTION	SIT UP OPTION	LEG CURL OPTION
				
				

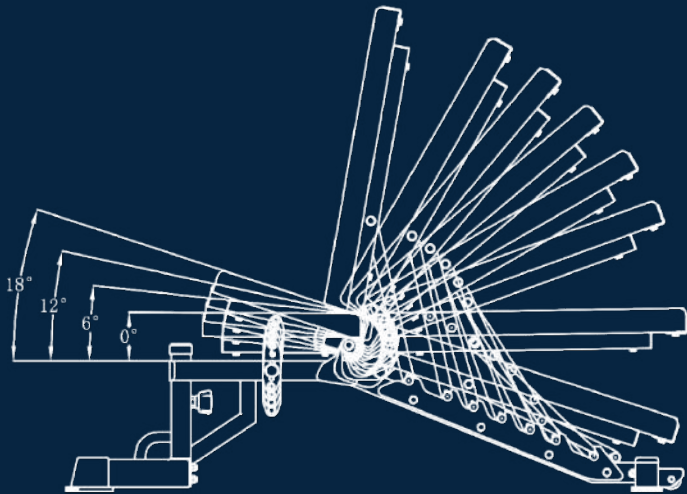
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UTILITY BENCH

Detail structure

4 angle adjustment holes, the user can freely adjust the height of the cushion.



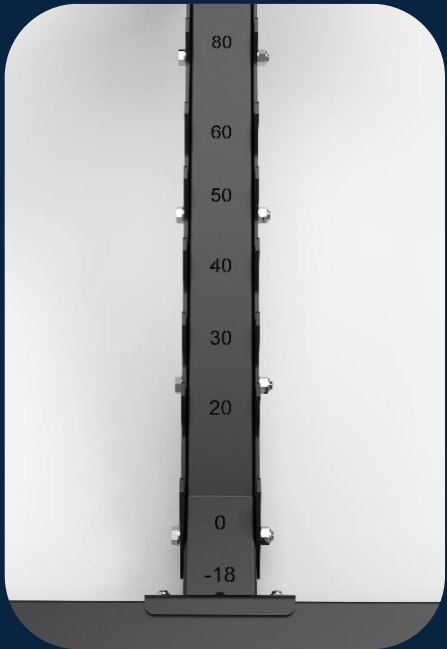
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UTILITY BENCH

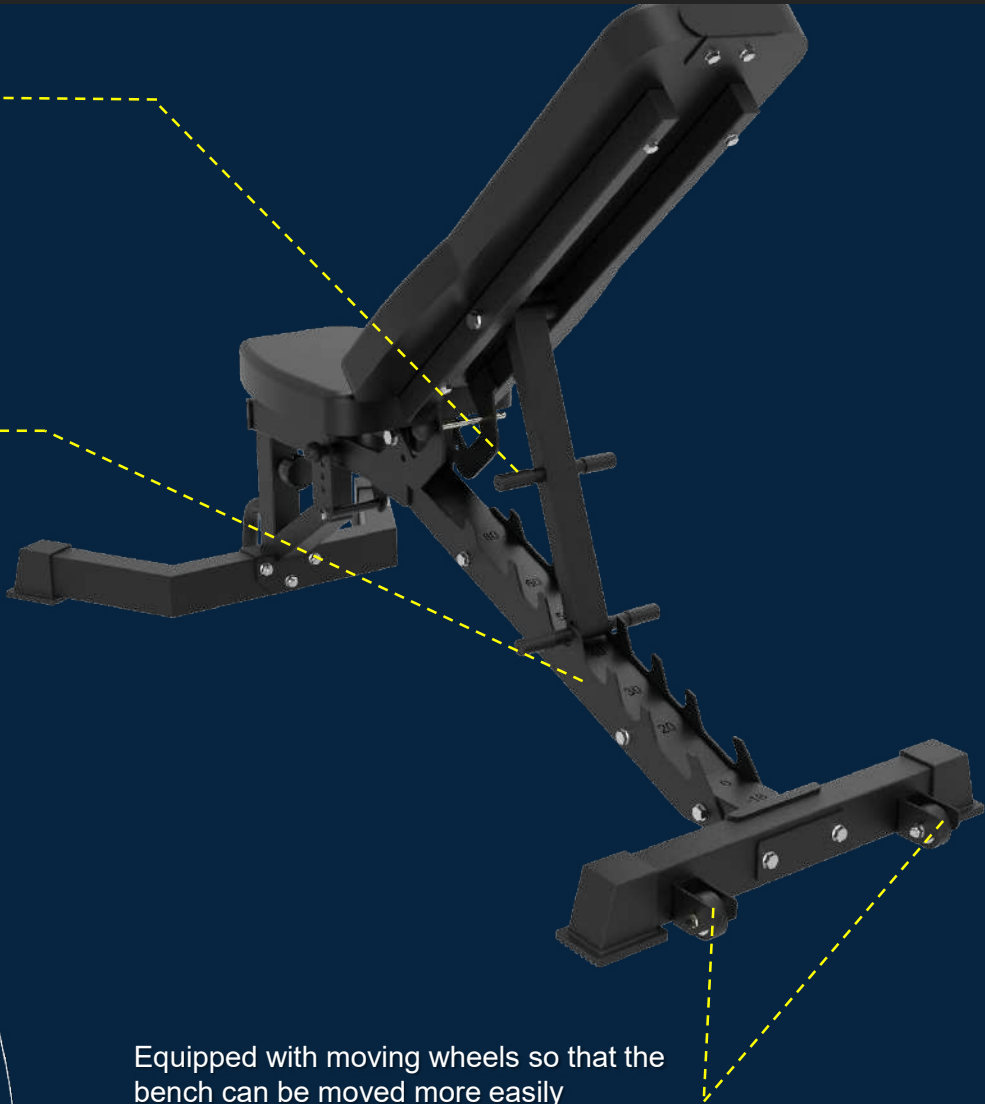
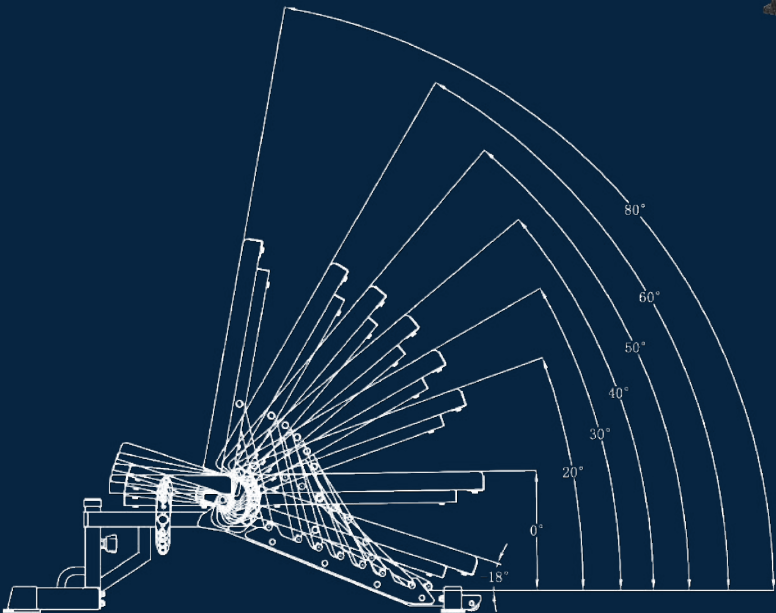
Detail structure



Angle markers allow the user to accurately and quickly adjust the backrest cushion to the proper position.

High quality non-slip mat cover

Eight adjustable angles that can be freely converted to decline, flat and incline according to the user's training needs.



Equipped with moving wheels so that the bench can be moved more easily

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Detail structure



Oversized rubber pads reduce pressure on the floor, increase grip and prevent scratches on the floor



The new style handle design makes the bench easier to move.



Adjustable round knob design



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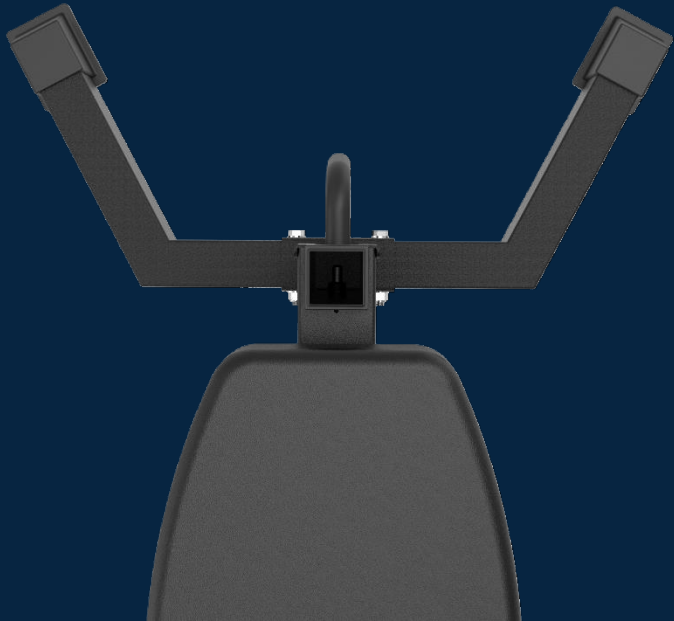
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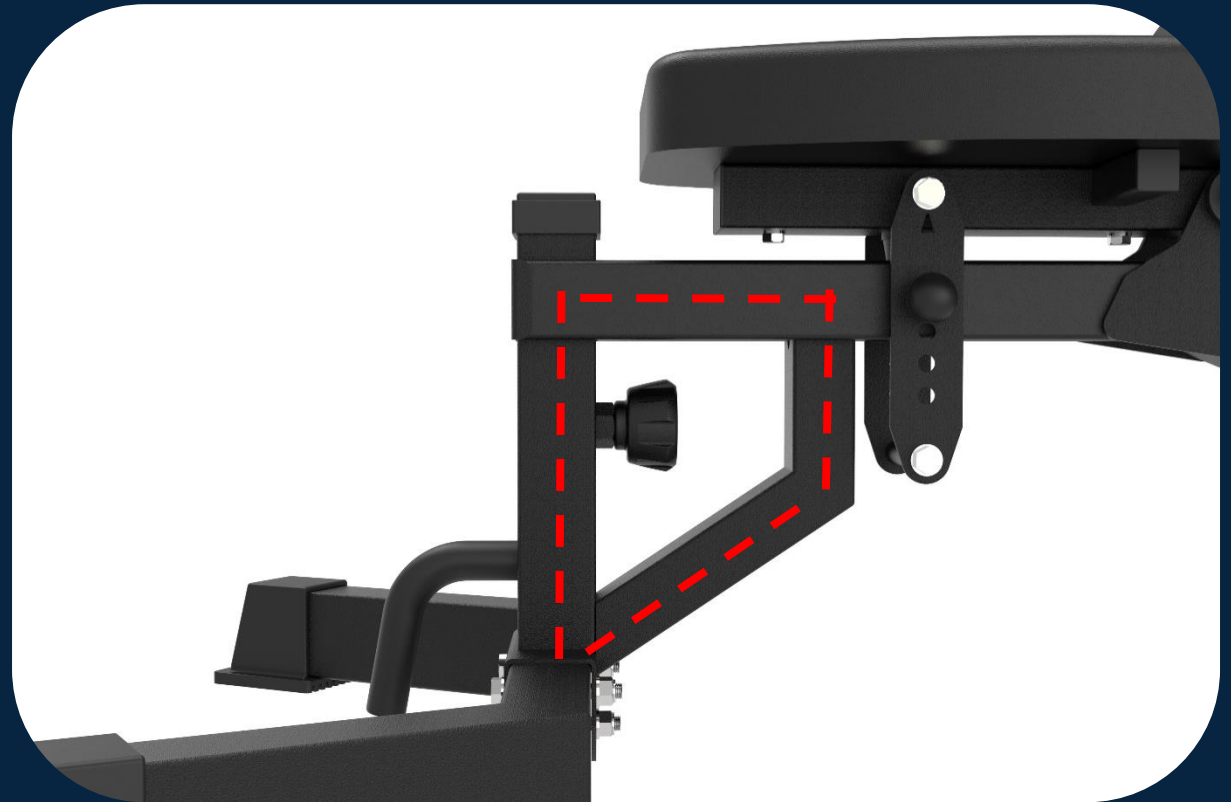
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Detail structure

Triangular structure design enables the bench to pass the 1300kg pressure resistance test.



U-shaped front base frame structure design makes the bench more stable and can be installed with a variety of accessories.



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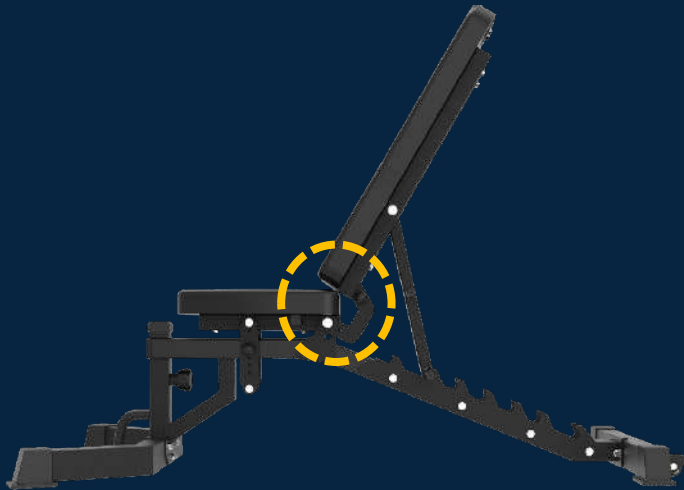
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UTILITY BENCH

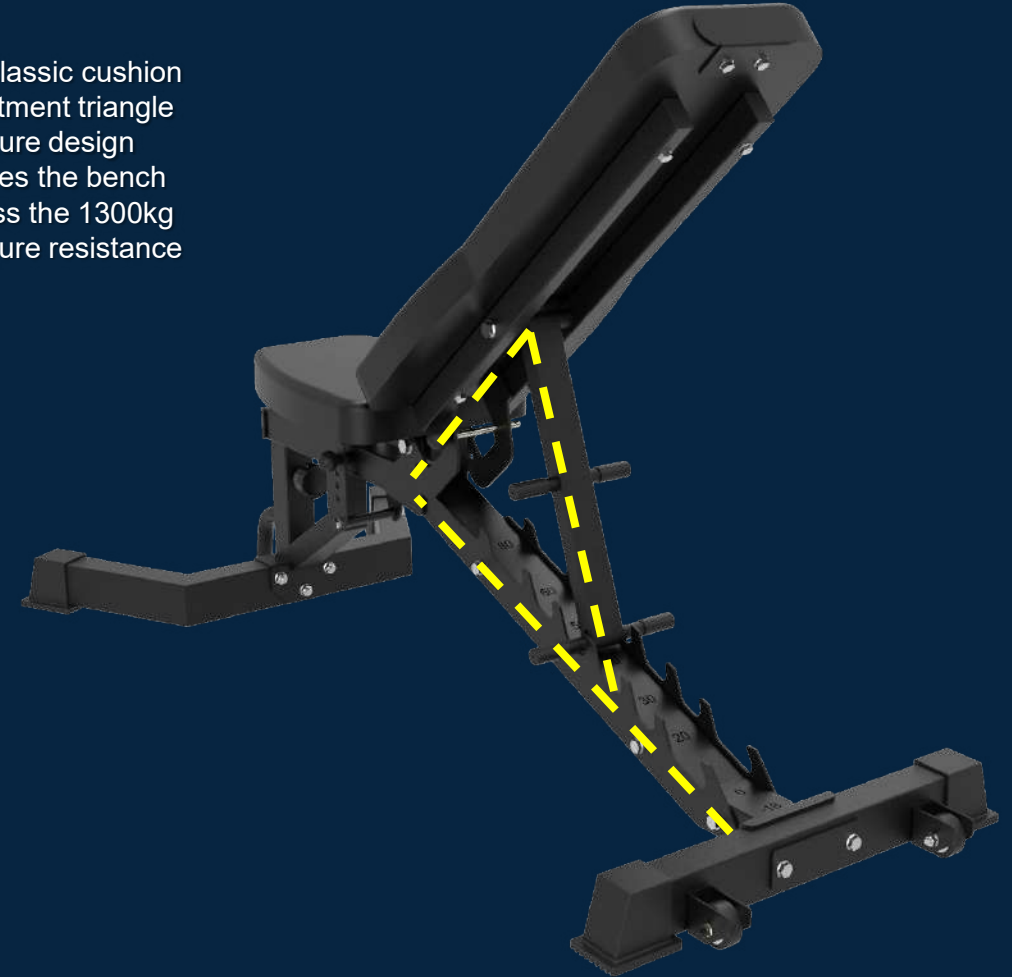
Detail structure



U-shaped plate design, to avoid the backrest and cushion extrusion problem with each other.



The classic cushion adjustment triangle structure design enables the bench to pass the 1300kg pressure resistance test.



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Detail structure



Can be placed
upside down to
save storage
space.



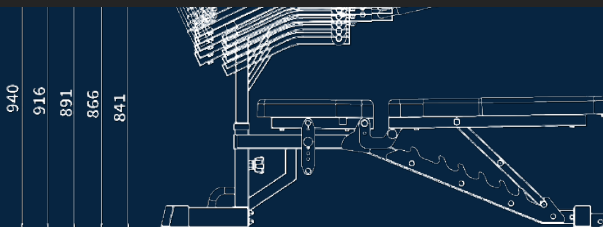
Add a metal
guard to prevent
the cushion from
being scratched
when upside
down.

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UTILITY BENCH

Accessories Display



ARM PUSH
DOWN OPTION

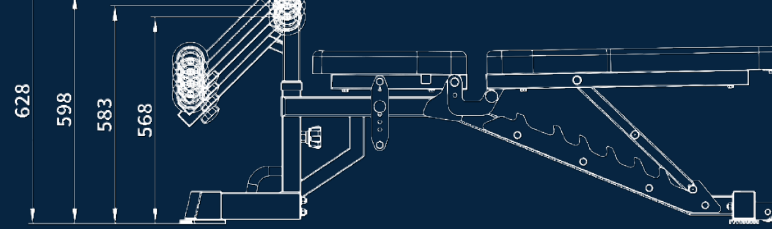


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UTILITY BENCH

Accessories Display



SIT UP
OPTION



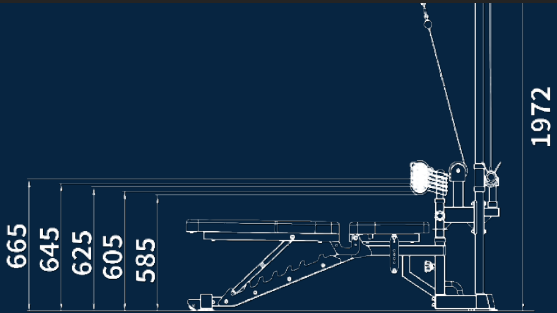
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UTILITY BENCH

Accessories Display



LAT PULL
OPTION

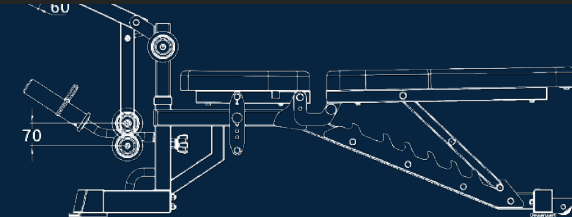
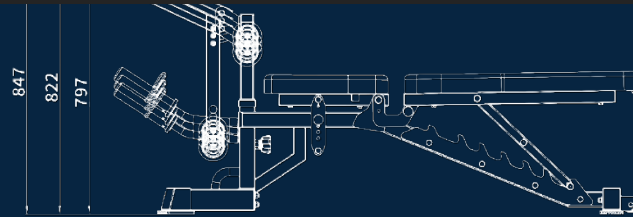


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UTILITY BENCH

Accessories Display



LEG CURL
OPTION



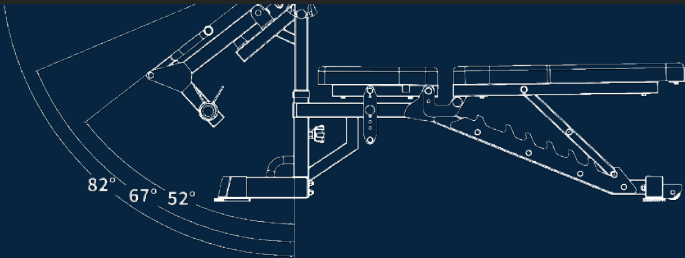
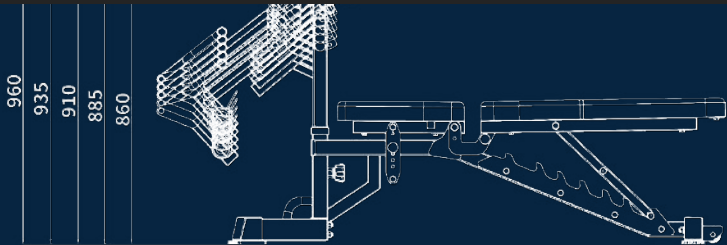
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UTILITY BENCH

Accessories Display



ARM CURL
OPTION



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UTILITY BENCH

Static Test



Test Conditions:

There is no damage after 5 minutes of 1300kgs loading weight static test.
The equipment can't be locked on a flat floor during testing.