

# PFID130X FLAT INCLINE DECLINE BENCH

**POWERLINE** USA<sup>®</sup>  
*by Body-Solid*



## **PFID130X** **FLAT INCLINE DECLINE BENCH**

The Powerline PFID130X Flat Incline Decline Bench is designed to allow proper form and positioning with its adjustable back pad, seat pad, and leg hold down. The back pad has 4 quick and secure ladder style positions: -30 Decline, Flat, 45 and 90 degree incline. The seat pad offers 3 positions: Flat, 15 and 30 degree inclines. The Leg Hold-Down with Foam Rollers keeps you in place while declined for sit ups or heavy workouts. The Powerline PFID130X Flat Incline Decline Bench is great for dumbbell exercises and pairs well with any Power Rack or Functional Trainer for a complete workout room.

## **Special Features**

- 3 Seat Positions: Flat, 15 and 30 Degrees
- 4 Back Pad Positions: -30 Decline, Flat, 45 and 90 Degrees
- Includes Leg Hold-Down with Foam Rollers
- 2" x 2" heavy-gauge steel construction
- Electrostatically applied powder coat finish

## **Warranty**

Frame & Welds .....10 Years  
Bushings and Hardware.....1 Year  
Pads, Grips, Cables and Pulleys .....1 Year

Weight: 54 lbs  
Dimensions: 55"L x 25"W x 20"H