

BFFID25 Adjustable Folding Bench



Folds for storage

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The Best Fitness BFFID25 Bench is a lightweight, versatile and portable weight bench ideally suited for home, garage, and basement gyms. This bench comes fully assembled and ready to use straight out of the box and features a solid 450 lb. weight capacity.

Versatility is key with the BFFID25 Bench as it features a ladder-style fully-adjustable back pad with six precision-engineered angles. These angles are designed specifically to maximize effectiveness on a multitude of dumbbell and bodyweight exercises including chest press, incline press, dumbbell rows, shoulder press, and more.

The Best Fitness BFFID25 Bench folds to an 8.7" height for easy and convenient storage when not in use.

Weight: 33.5 lbs
Dimensions: 68" L x 41" W x 58" H

Special Features

- Fully assembled out of the box
- Ladder-style back pad adjustments
- Backpad angles: 0°, 15°, 30°, 45°, 60°, 80°
- Folds for easy storage (8.7" H)
- Durable powder coated finish

Warranty

Frame & Welds	3 Years
Motor (if applicable)	1 Year
Parts	1 Year
Electronics (if applicable)	3 Months
Wear Parts	30 Days