



Set offer - Body Solid training bench GFID31 with barbell rack Core 2.0



The popular GFID31 training bench from Body Solid and the multifunctional Core 2.0 barbell rack in a set offer - The Body Solid GFID31 universal bench for flat, incline and negative bench presses, 90° shoulder presses and dumbbell training. Thanks to the negative function, this bench is also suitable for sit-ups and abdominal crunches. Barbell bench Core 2.0 - the professional and space-saving training station for the home. Thanks to the wide range of adjustment options, the barbell station is ideal for all body sizes and exercises, even where space is limited. The Core 2.0 barbell rack makes effective full-body exercises possible.

CHF 649.00

Features Training bench Body Solid GFID31:

- robust, stable frame construction
- extra strong, high-quality DuraFirm seat and backrest upholstery, tear-resistant with double stitching
- Easily adjustable seat (8 positions)
- Easily adjustable backrest (6 positions)
- with transport castors for easy relocation
- Bicep pad and leg section optionally available
- Target price CHF 399.--

Use: Home use to light commercial use, payload: approx. 350kg

Device dimensions: L143 x W54 x H52/128cm (upholstery dimensions: back upholstery L80 x W24.5 x D6cm / seat upholstery L13 x W24.5 x D6cm), weight 32kg

Accessories: Leg holder



Options: Bicep pad, leg section for leg extension/bend exercise

Warranty: 2 years on labor and spare parts (excluding consumables)

Equipment Barbell rack Core 2.0:

- Training rack for barbells
- 7-way adjustable width from 77cm to 124cm
- 8-way adjustable safety rack
- 11-way adjustable shelf height from 117cm to 189cm
- With safety hooks (hooks for barbell and safety rack)
- 2 weight racks for 31mm weight plates
- Color: black/red
- Dumbbells and weights not included
- Target price CHF 299.--

Application: Home use, load capacity: 120kg (max. weight to be placed on the barbell)

Equipment dimensions: L68 x W77 x H117-189cm, weight: 19kg

Options: Barbell bar and weights

Warranty: 2 years on labor & material