



## Body Solid Universal Bench GFID31



Body Solid - universal bench for flat, incline and negative bench press, 90° shoulder press and dumbbell training. The negative function makes this bench also suitable for sit-ups and abdominal crunches. Specially designed with a shortened base frame to fit perfectly into all Smith machines, power racks and multi-press racks. Allows proper form and positioning for incline and shoulder press exercises in all racks. Improved design provides quick, easy, solid and secure 6-position ladder-style back pad adjustment.

**CHF 399.00**

Eight-position seat pad adjustment allows users of all sizes to perform bent-knee and abdominal sit-ups with proper lower back support and hip flexor alignment. Includes T-bar leg holder attachment and thick, rich DuraFirm™ padding. Features wheels for easy mobility. Over 300kg capacity.

- Durable, sturdy frame construction
- Adjustable T-bar leg holder attachment included.
- extra strong, high quality DuraFirm seat and back cushions, tear resistant with double stitching.
- easily adjustable seat (8 positions)
- easy adjustable backrest (6-fold)
- length of back cushion 80cm
- with transport wheels for easy relocation
- bicep pad and leg section optionally available

use: home use to light commercial use, payload: approx. 250kg

Unit dimensions: L150 x W68 x H56/128cm (cushion dimensions: back cushion L80 x W24,5 x D6cm / seat cushion L13 x W24,5 x D6cm), weight 32kg

Accessories: leg holder

Options: Biceps pad, leg section for leg extension/extension exercise



**The Shark  
Fitness Company**



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