



Flat/Incline/Decline Bench

Item SKU: GWS-FID

Product Dimensions:

Product/Shipping Weight: 32 lbs.

Product Options:

Available In: Charcoal Grey

Product Description: Our versatile, flat to incline-decline economy bench is ideal for upper body dumbbell workouts. Extended foam grips provide stability while performing abdominal exercises and reverse crunches. The ladder adjustment system is designed to deliver results from 5 different positions ranging from flat, to negative /decline, to upright. All Renegade benches come equipped with durably stitched, branded upholstery with ample cushioning to deliver lasting comfort.

If you only have one bench in your fitness arsenal, make it the Renegade Flat / Incline /Decline Bench

Weight Capacity: 300 lbs

Suggested Companion Products:

USA IHD Hex Dumbbells

VTX SD-V 12 sided Anti Roll Ergo Iron w/ 1 year warranty

VTX SD-R 8 side Chrome & Rubber dumbbells w/ 1 year warranty