



# PFX-185 (FID) Bench

The **X-plode FID Bench** is designed for three seated angles, allowing for more positions and exercises to sculpt your arms, chest and shoulders at varying degrees - giving you greater results. The back cushion has 7 adjustable positions while the seat has five to give the user more options to position themselves easily and comfortably during a workout.



<b>Pads</b>	7cm thick, durable upholstered pads
<b>Assembled Dimensions</b>	59" L x 27"W x 52" H
<b>Product Weight</b>	66 lbs
<b>Transport Wheels</b>	Yes