



# PARADIGM™

*Life is not a spectator sport*

## FREEWEIGHT F.I.D. BENCH

*A reliable F.I.D. Bench with manual seat and back support adjustments that blends functionality and mobility.*

### Features

- ✓ Easy Lift & Roll
- ✓ 3-position Manual Seat Adjustment
- ✓ 10-position Manual Back Support Adjustment
- ✓ Flat, Incline & Decline Back Support Positions
- ✓ Commercial-Grade Upholstery
- ✓ Molded Rubber Feet

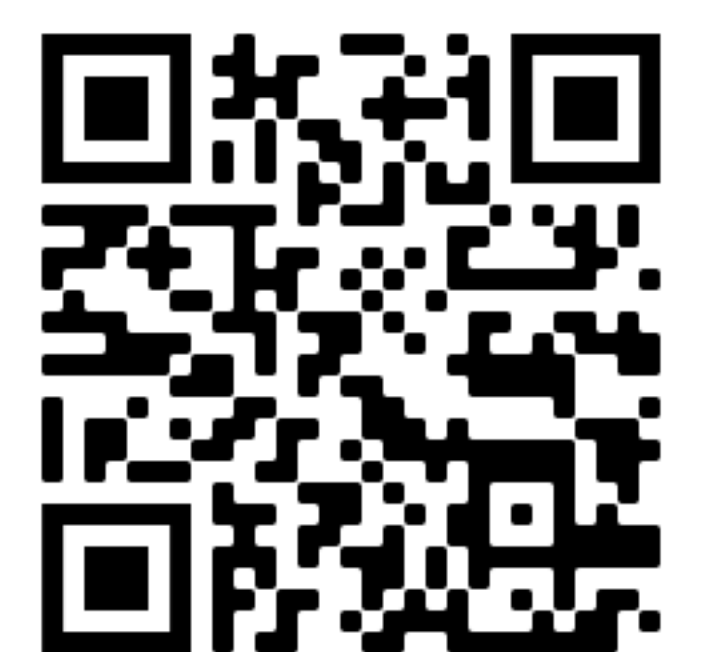
### Specifications:

Dimensions (L x W x H):  
48" x 24" x 50 / 122 cm x 61 cm x 127 cm  
Pads: High Resilience Polyurethane Foam  
Product Weight: 75 lbs. / 34 kg  
Lifetime Residential Warranty\*  
Light Commercial Warranty\*

\*Visit [paradigmfitnessequipment.com/warranty-information](http://paradigmfitnessequipment.com/warranty-information) for full details



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*Scan me*



10 Back Support  
Adjustments

3 Seat  
Adjustments

