

# Decline Bench

## SPECS

MATERIAL	3x3 11 Gauge
HEIGHT	19.5"
WIDTH	24" Total 14" Pad Width
DEPTH	60" Total 48" Pad
WEIGHT	130 LBS
FOOT PRINT	19.5" x 24" x 60"
MADE IN USA	YES



The Decline bench was designed with a 14" wide pad to be very supportive while doing movements from either the decline or flat position. The bench has 4 rollers to lock your legs in which can also be used for split squats and other exercises. This bench is a great dumbbell area bench as it can be used as both a Flat and Decline bench.

## FEATURES



Flat Position



3x3 11 Gauge Steel Frame



7 Incline positions