

## BENCHES & RACKS



F530

Designed for any environment, our Commercial F530 3-Tier Dumbbell / Accessory Storage Rack cannot be beaten. We start by using 3 offset reinforced plate steel trays for maximum safety, flexibility, and accessibility. The top tray can be assembled in either a flat or angled position. When flat, you can use the top tray for gym accessories such as kettle bells, dumbbells, and other various accessories. This rack can be daisy-chained to create additional storage space.



F770

The F770 Roman Chair/Hyperextension Has 3 Different Adjustable Points That Allow You To Customize The Height & Angle To Your Exact Needs & Desires. Comfortably Train at 45°, 20°, and 0° (Flat). The Padded Cushion and Leg Holder Provides You With The Most Comfort Possible While Working out.



F703

A Modern, Compact, Multi-Purpose Bench Designed to Work with Functional Trainers, Free-Weight Systems, and Dumbbells. Utilizing Our Easy Adjust System, the User can Change the Back Pad to Six Different Positions, Ranging from Flat to a 85° Upright Position. The Integrated Lift Handle and Transport Wheels Allow for Simple and Easy Maneuvering when Relocating the Bench.



F704

The F704 Flat / Incline / Decline System Bench is a great dumbbell bench, but it was specifically designed to work with the BODYCRAFT XFT, RFT, Jones Machines and the F730 Power Rack, plus it will work with most brands of Smith Machines and Racks. As the bench inclines, the pads slide back staying in line with the bar, so you spend less time maneuvering the bench forward and back. No need to turn the bench around when performing exercises like a shoulder press.



F705

The F705 Utilizes our easy adjust ladder catch system the user can choose from seven different positions, ranging from a -20° decline\* to an 85° upright position. The integrated lift handle and transport wheels allow for simple and easy maneuvering when relocating and storing the bench in an upright position. The 3 point stance and rubber feet ensure that the bench will not rock. Additional attention to comfort, style, and accessory use gives this bench package a huge advantage over all others.

## HIGHLIGHTS & SPECS

F530

<b>HIGHLIGHTS</b>	3 Solid Trays, Top Tray can be Flat or Angled, Non Slip Rubber Soles, Can be Daisy Chained
<b>FINISH</b>	Powder Coated Steel
<b>FRAME</b>	2"X4", Heavy-Gauge Steel Tubing. Trays are Plate Steel with Reinforcement Tubes.
<b>TRAY WIDTH</b>	41.5" (Measured from Inside Tray Walls)
<b>TRAY DEPTH</b>	12.75" (Open Back with No Lip)
<b>DIMENSIONS</b>	47"L x 23"D x 39.5"H.
<b>WEIGHT CAPACITY</b>	2,100lbs. (70lbs Per Tray)
<b>WARRANTY</b>	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months

F770

<b>HIGHLIGHTS</b>	Comfort Padded Cushion, Ergonomic Handles, Adjustable Leg Hold Down.
<b>FINISH</b>	Diamond Gray Powder Coated Steel
<b>FRAME</b>	2" X 3" Rectangle Heavy Gauge Steel Tubing
<b>WEIGHT CAPACITY</b>	350 LBS.
<b>DIMENSION</b>	51"L X 24"W X 38"H
<b>WARRANTY</b>	Frame: 10 Years / Parts: 2 Years

F703

<b>HIGHLIGHTS</b>	Integrated Lift Handle & Transport Wheels, Back Pad/Leg Hold Down, 16" Tall Seat Position.
<b>POSITIONS</b>	Flat and 5 Incline: (0', 15', 30', 45', 60', 85')
<b>FINISH</b>	Diamond Gray Powder Coated Steel
<b>FRAME</b>	2"X3", Heavy-Gauge Steel Tubing
<b>UPHOLSTERY</b>	2" Thick High Density Foam, Fully Wrapped with Double Stitched Industrial Grade Vinyl
<b>DIMENSION</b>	50"L x 28.5"W x 16"H
<b>WEIGHT CAPACITY</b>	800 LBS
<b>WARRANTY</b>	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months

F704

<b>HIGHLIGHTS</b>	17.5" Tall, Accepts F710 & F711 Attachments, Transport Wheels
<b>POSITIONS</b>	Flat, Incline, Decline: (-20', 0', 15', 30', 45', 60', 80')
<b>FINISH</b>	Diamond Gray Powder Coated Steel
<b>FRAME</b>	2"X3", Heavy-Gauge Steel Tubing
<b>UPHOLSTERY</b>	2" Thick High Density Foam, Fully Wrapped with Double Stitched Industrial Grade Vinyl
<b>DIMENSION</b>	59" L x 28.5" W x 17.5" H (42" in the Shoulder Press position)
<b>WEIGHT CAPACITY</b>	1000 LBS
<b>WARRANTY</b>	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months

F705

<b>HIGHLIGHTS</b>	19.75" Tall, Integrated Lift Handle, Transport Wheels, Ladder Catch Design
<b>POSITIONS</b>	Flat, Incline, Decline: (-20', 0', 20', 30', 45', 70', 85')
<b>FINISH</b>	Diamond Gray Powder Coated Steel
<b>FRAME</b>	2"X3", Heavy-Gauge Steel Tubing
<b>UPHOLSTERY</b>	2" Thick High Density Foam, Fully Wrapped with Double Stitched Industrial Grade Vinyl
<b>DIMENSION</b>	51" L x 28.5" W x 19.75" H, 51" H in shoulder press position. (Stored Upright: 21"D x 28.5"W x 51"H)
<b>WEIGHT CAPACITY</b>	1500 LBS
<b>WARRANTY</b>	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months