

Coastal Fitness

Better Equipment, Better Prices, Better Value

with Personalized Service

1900 Okeechobee Blvd. Ste C5, West Palm Beach, FL 33409 561.712.0381 / 561.712.1483 fax
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Heavy Duty Flat Incline Decline Bench

Without a doubt, the cornerstone of all strength training equipment is the Flat/Incline/Decline Bench and nothing comes close to the WFID71! The heavy-duty 2" x 3" steel frame can easily handle a load capacity of 1,000 Lbs. The back and seat pads lock into eight positions to align your body for perfect posture in all your exercises while the ultra-thick DuraFirm upholstery supports you comfortably through the most intense workouts. Lock your legs in the T-Bar Leg Hold Down featuring oversize rollers for extra comfort and stability while you perform upper and lower abdominal exercises as well as incline and decline strength training. Convenient casters let you move the WFID70 effortlessly in and out of any rack for the ultimate in versatility. Full Commercial Warranty