

### Flat/Incline/Decline Bench

#### FS-20

- 6 position adjustment from -10 to 80 degrees.
- Wheels for easy moving.
- Dimensions: 49" deep x 31" wide x 19" tall



### Ab Crunch Bench

#### FS-21

- Back pad angled 20 degrees and dual ankle pads for comfort and ergonomics.
- Wheels for easy moving.
- Dimensions: 46" deep x 24" wide x 23" tall



### Low Back/Abdominal Bench

#### FS-22

- Unique easy to adjust design for both back extension and abdominal crunch exercises.
- 7 position thigh pad at 45 degrees for proper ergonomics during back extension.
- Back pad angled 15 degrees and 3 position ankle pad for support during abdominal crunch.
- Dimensions: 51" deep x 31" wide x 32" tall



### Knee Raise/Dip/Chin

#### FS-23

- Back pad at 75 degrees and angled elbow pads for proper support during knee raise exercise.
- Multiple grip chin bar and dip handles.
- Dimensions: 45" deep x 37" wide x 86" tall



### 3 Tier Flat Tray Dumbbell Rack

#### FS-24

- Top tray accommodates kettlebells or dumbbells.
- Shown with optional Medicine Ball Rings.
- Dimensions: 29" deep x 42" wide x 39" tall  
 29" deep x 63" wide x 39" tall (with optional Med Ball Rings).



### Smith Machine

#### FS-30

- 8 position bar catch assembly with dual adjustable safety stops.
- Multiple grip chin bar for exercise variation and 8 storage posts standard.
- Dimensions: 54" deep x 77" wide x 84" tall

