

ADJUSTABLE DECLINE BENCH

LifeFitness



DESCRIPTION

The Life Fitness Adjustable Decline bench was designed for performing core and decline exercises. The balanced pivot design allows for effortless transitions between multiple decline positions, as well as a flat and incline setting, allowing for a wide range of workout options and the ability to tailor exercise difficulty to your preferences.

SPECIFICATIONS

Model: LBR-DB

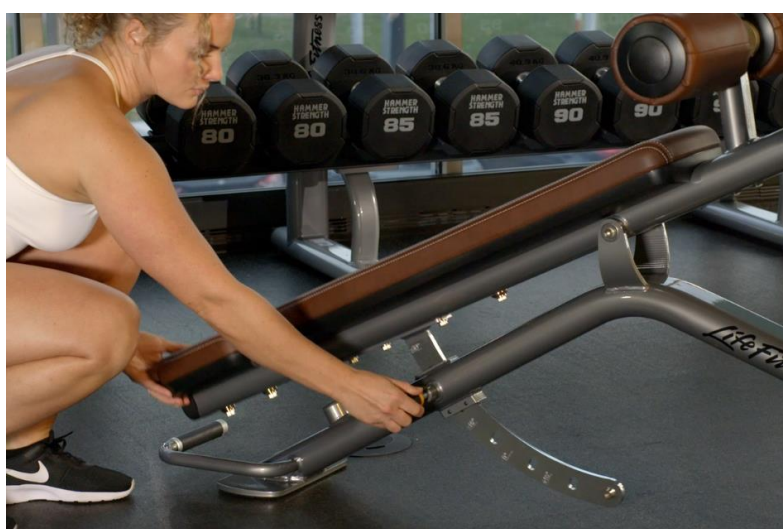
Max User Weight: 300 lbs (136 kg)

Max Training Weight: 500 lbs (227 kg)

Back Adjustments: +10°, 0°, -10°, -20°, -30°

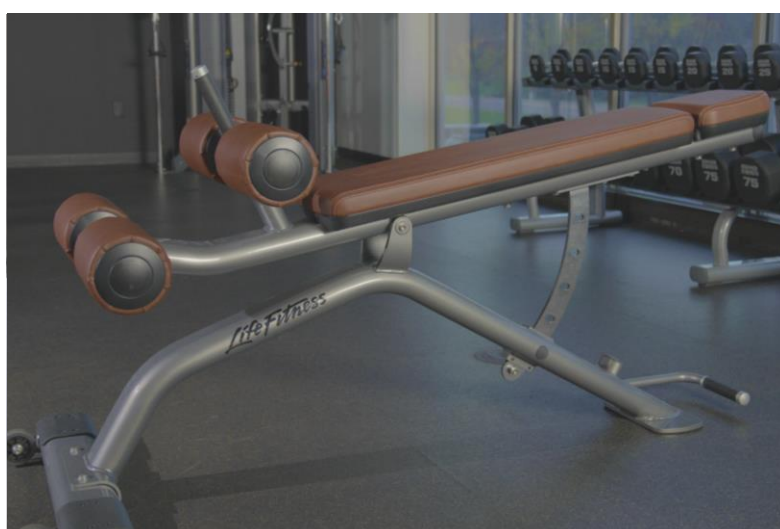
Weight: 175 lbs (80 kg)

Size: 73" x 29" x 41" (185 x 73 x 104 cm)



LIGHTWEIGHT ADJUSTMENT

Designed with a pivot point positioned near the center of gravity, the adjustment to various angles feels effortlessly light, balanced, and fluid every time.



MULTIPLE ANGLES

Enhance your training variety with several decline adjustments as well as a flat and incline adjustment for added versatility.



TRANSPORT HANDLE

Easily move this bench using the transport handle, which was intentionally placed to minimize the weight of the bench during transportation.



INTUITIVE ADJUSTMENTS

Ergonomic, easy to see adjustments have a premium appearance and use a tactile rubber outer layer for optimizing grip and feel during adjustments.



ASSIST HANDLE

Placed in the center of the thigh pads, the assist handle facilitates easy entry and exit from the bench in any position.



VISUAL ANGLES

Laser etched directly into the indexing plate, you can now easily view the angle of adjustment to maximize your precision and minimize your guess work.