

FZ BENCH

FREEWEIGHT/BODYWEIGHT



FZ⁹

ANGLED BACK PAD -
COMFORTABLY CRADLES USER DURING
EXERCISE AND ALLOWS STRICT MUSCLE
TARGETING

ANGLED ARM PADS AND HANDLES -
PROVIDE IDEAL STABILITY AND ELIMINATE
WRIST STRAIN

ANGLED DIP HANDLES -
ELIMINATE WRIST STRAIN

STEP PLATES -
ALLOW EASY ACCESS
TO EXERCISE



HEIGHT : 4'-0"
WEIGHT : 137 LBS

FZ-9 V.K.R/DIP