

Every Workout Matters



Engineered for Strength. Built for Versatility.

The SOLE Fitness SFI100 Multi-Angle Bench is designed to meet the demands of serious lifters and everyday users alike. With a spring-loaded steel locking pin system, the backrest adjusts quickly and securely to six positions from 0° to 80°, providing optimal support for a wide range of movements. Whether you are pressing, curling, or performing accessory work, this bench offers the flexibility needed to maintain proper form and alignment.

Expand your workout options with integrated resistance band hooks on the rear stabilizer—perfect for enhancing strength routines with added variable resistance. Comfort is never compromised: the high-density foam padding on both the seat and backrest is wrapped in commercial-grade vinyl for long-lasting durability and easy cleaning. Whether in a commercial facility or home gym, the SFI100 maintains its premium feel session after session.

Non-absorbent PVC-covered handles and built-in transport wheels allow for smooth repositioning, making it easy to adjust setups or store the bench after training. The heavy-gauge steel frame and commercial-grade hardware deliver elite performance with a 1,000 lb (454 kg) combined user and weight capacity, supporting everything from beginner lifts to advanced compound movements with ease.

Compact, functional, and built to last, the SOLE SFI100 Multi-Angle Bench is your go-to foundation for a versatile strength program. Whether used independently or alongside other SOLE equipment, this bench is built to elevate your workout potential.

## **SFI100** MULTI-ANGLE BENCH

- Back rest adjusts to 6 different angle positions (0°, 15°, 30°, 45°, 60°, 80°)
- Seat adjusts to 4 levels (0°, 5°, 10°, 15°)
- High density cushion with fully upholstered stitched vinyl
- Resistance band hooks on rear stabilizer
- Heavy-gauge steel frame with 1,000 lb (454 kg) user plus free weight capacity
- Built-in transport wheels, PVC-covered handles and rubber foot covers to protect floors

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Item #  
16808091010



Flat adjustment option



Premium quality padding



## SFI100 FEATURES

The SOLE Fitness SFI100FI Multi-Angle Bench is the ultimate in strength and versatility. Using the spring-loaded steel locking pin the back rest can be adjusted on the fly anywhere from 0° to 80° for optimal alignment and correct posture. There are integrated hooks on the rear stabilizer for resistance band training allowing easy integration into any workout regime. To provide maximum comfort while exercising, the back rest and seat are padded using high density foam. Commercial-grade vinyl on both the front and back ensures a durable yet easy to clean texture that will last for many years. The non-absorbing PVC covered handle and built-in transport wheels allow the user to move the bench freely and change positioning quickly for easy storage. With a heavy-gauge steel frame and commercial-grade components, the SOLE Fitness SFI100 Multi-Angle Bench has a 1,000 lb (454 kg) combined user and free weight capacity and is designed to help you achieve and exceed your goals.

## EQUIPMENT SPECIFICATIONS

|                        |  |
|------------------------|--|
| <b>Frame</b>           | Heavy-gauge flat oval tubing               |
| <b>Product Weight</b>  | 97 lb (44 kg)                              |
| <b>Shipping Weight</b> | 109 lb (50 kg)                             |
| <b>Dimensions</b>      | 56"L x 25"W x 18"H (142L x 65W x 46H cm)   |
| <b>Packaging</b>       | 54"L x 14"W x 17"H (137L x 36W x 43H cm)   |
| <b>Max User Weight</b> | 1,000 lb (454 kg) user plus lifting weight |

## WARRANTY INFORMATION

**Residential Warranty:** Lifetime on complete unit, applies to vendor defects only

**Light Commercial Warranty (Non-Dues Paying Facility)\*:** Frame: 10 Years, Parts: 5 Years, Upholstery/Grips: 6 Months

\*Equipment Intended For Non-Pay-For-Membership Facilities Where Usage Is Less Than 5 Hours/Day. Condominium or Apartment Complexes With Less Than 50 Units.

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