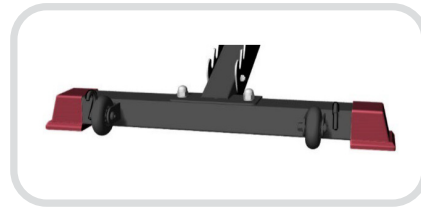


Foundation For Serious Strength Training

ADJUSTABLE BENCH

SFI115



Resistance Band Hooks

S⁺

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Professional Support, Built for Strength

The SOLE SFI115 Adjustable Bench is built for serious strength training, offering exceptional versatility, durability, and comfort. With eight backrest positions from -20° to 85° and three seat angles ranging from 0° to 20°, it supports a full range of movements, from decline presses to overhead lifts, while promoting optimal bio-mechanics for both performance and injury prevention. With fully upholstered high density cushions and a padded ankle bar ensure firm, ergonomic support, making it a reliable companion for Smith machines, power racks, or free weight sessions. Constructed from heavy-duty square steel, the SFI115 boasts a 1,100 lb (500 kg) weight capacity, giving it the strength to handle high-intensity workouts. Resistance band hooks on the rear stabilizer expand its functionality for variable resistance or rehab-focused exercises, while integrated transport wheels and a foam-grip lift bar offer easy mobility. Compact yet commercial-grade, this bench delivers unmatched adaptability for home or studio use.

SFI115 ADJUSTABLE BENCH

- Back angles (-20°, 0°, 15°, 30°, 45°, 60°, 70°, 85°), Seat angles (0°, 10°, 20°)
- Fully upholstered high-density cushions with padded ankle bar
- Resistance band hooks on rear stabilizer
- Transport wheels and lift bar with foam grip
- Durable square steel frame with 1,100 lb (500 kg) load capacity

SPECIFICATIONS

Set up dimensions	57" L x 24" W x 43" H, 41 lb (145 L x 62 W x 110 H cm, 18.5 kg)
Packaging	46" L x 18" W x 7.5" H, 45 lb (117.5 L x 45 W x 19 H cm, 20.5 kg)
Max User Weight	660 lb (300 kg)

WARRANTY INFORMATION

Residential: Frame: 2 Years, Parts: 1 Year, Wear Items: 90 Days

SOLE
FITNESS

Model #:
16808591150

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