



FID ADJUSTABLE BENCH, 2.0
Best-value FID bench, now better than ever

The AB-3000 is REP's best-value adjustable FID bench for home gyms, now updated with a refreshed look in the AB-3000 2.0. Built-in leg rollers with an adjustable pin support decline movements, while 8 back pad angles from -12° to 85° and 5 seat pad angles are selected with laser-cut numbering for easy reference. Updated CleanGrip pads add durability and grip, and a 454kg (1,000lb) capacity is backed by transport wheels and rubber floor-protection feet.

FEATURES

- ✓ Built-in leg rollers with 6 adjustable positions
- ✓ 8 back pad & 5 seat pad angles, laser-cut numbers
- ✓ Updated CleanGrip pads, denser and easier to clean
- ✓ Ergonomic front handle & rear transport wheels

EQUIPMENT SPECIFICATIONS

Seat Height	43.5cm
Mainframe	11 gauge steel
Cushion Thickness	5cm
Transport Wheels	Yes
Floor Level Adjustment	No
Extra Features	Leg rollers with 6 adjustable angles. Clean Grip pads increased gripping while easy to clean. Front handle and rear transport wheels for easy portability. Rubber feet for floor protection and added friction. Laser-cut numbering.
Installation	Not included. Please refer to the option for assembly service.
Dimensions	143.8 (L) x 65.6 (W) x 43.5 - 133(H) cm
Dimensions (Backrest)	91.5 (L) x 30 (W) cm
Dimensions (Seat)	38.1 (L) x 38.1 - 27.2 (W) cm. Tapered.
Back Pad Angles	8 adjustments : -12, 0, 15, 30, 45, 60, 70, 85 degree
Seat Pad Angles	5 adjustments : 0, 5, 10, 15, 20 degree
Cushion Gap	5.3cm
Product Weight	40.5kg (89.3lb)
Max Load	454kg (1000lb)