



Neo Series

NFID

Flat / Incline / Decline Bench



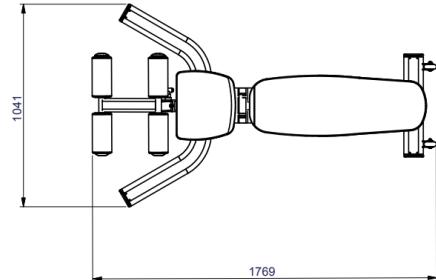
“Neo” in the ancient Greek means “Young”

Neo series is designed with **Oval Tube** for user to **keep young and strong body** with its **streamline design** of Free Weight Machine

Steelflex® NFID is specifically designed with a **shortened base frame** to fit perfectly in all Smith Machines, Power Racks and Multi-Press Racks.

It allows **proper form and positioning** for **incline press and shoulder press** exercises in all racks.

Multi-position seat pad adjustment allows **all size users** to do **bent knee sit-ups** and **ab crunches** with proper lower back support and hip flexor alignment.



Option for upholstery :

Black Red



Features	<ul style="list-style-type: none"> Specifically designed with a shortened base frame to fit perfectly in all Smith machines, Power Racks, and Multi-Press Racks Improved design features quick, easy, solid, and secure 6-position ladder-style Extra-wide and solid base provides maximum stability Continuous welds at all joints Adjustable seat height Moulded rubber feet with a slip-resistant texture
Mainframe	12 Heavy Gauge 1.968" x 3.937" (50x100x2.5T) Low Carbon Steel Oval Tubing
Upholstery	Ergonomic design of CGPC 2" high density foam with PVC cold latex leather and durable double stitched
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, metallic silver
Product Weight	92 lbs / 42 kg
Dimension	177" L x 104" W x 75" H (70 cm x 41 cm x 29 cm)
Packing	2 Cartons, 8.3 Cubic Feet
Capacity	Over 1,000 lbs / 500 kg