



Neo Series

NFID

Flat / Incline / Decline Bench



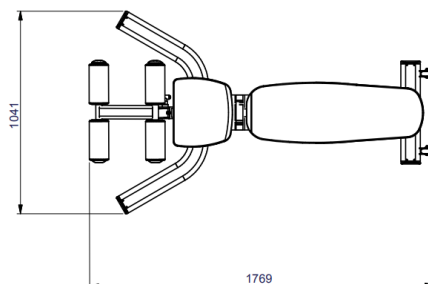
“Neo” in the ancient Greek means **“Young”**

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"x3.937" (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