

## VIVA FITNESS X75 FID COMMERCIAL SUPER BENCH

### SPECIFICATIONS :

- Ideal for both beginning and advanced levels
- The flat bench works well both in home gym and commercial use
- Main frame made of thick layer pad and heavy-duty steel
- Leather board is filled with high-density foam
- Wide range of fitness routines for a full-body workout in a small amount of space
- The wide base enlarges the bearing capacity area and the base cap is anti-skid to prevent any movement during the exercise
- Intense dumbbell press, incline press decline press and all abdominal workouts

