



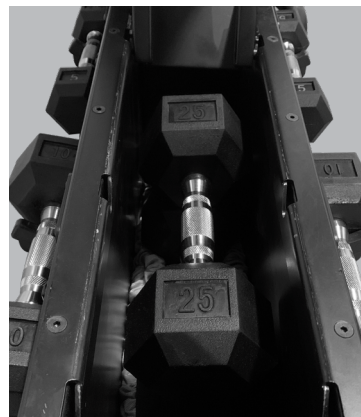
THROWDOWN FXD BENCH

The FXD Bench is a multi-functional bench with integrated storage. The bench was designed for efficient use with a live or virtual on-screen instructor. It allows most exercises to be accomplished while facing the instructor. The layout of the bench and modular attachment points facilitate quick transitions between exercises.



MAINTAIN YOUR BASE

The FXD Bench features the ideal platform height (16.9" | 42.9cm) to maintain your base in the push and pull positions, while optimizing step-up and glute training.



STORAGE COMES STANDARD

The FXD Bench base is designed to minimize risk and maximize work. With additional storage that can stow anything from personal items to training accessories (image shown with set of 25lb dumbbells).



LB ACCESSORY KIT:

- (2) 5 LB Dumbbells, (2) 10 LB Dumbbells, (2) 15 LB Dumbbells
- (2) 20 LB Dumbbells, (1) 15 LB Kettlebell,
- (1) 30 LB Kettlebell, (1) 15 LB Slam Ball,
- (2) Level 1 Sleeved Resistance Tubes
- (2) Level 2 Sleeved Resistance Tubes,
- (2) Level 3 Sleeved Resistance Tubes,
- (2) Resistance Tube Handle Attachments,
- (2) Resistance Tube Ankle Attachments

KG ACCESSORY KIT:

- (2) 4 KG Dumbbells, (2) 6 KG Dumbbells, (2) 8 KG Dumbbells
- (2) 10 KG Dumbbells, (1) 8 KG Kettlebell,
- (1) 14 KG Kettlebell, (1) 8 KG Slam Ball,
- (2) Level 1 Sleeved Resistance Tubes
- (2) Level 2 Sleeved Resistance Tubes,
- (2) Level 3 Sleeved Resistance Tubes,
- (2) Resistance Tube Handle Attachments,
- (2) Resistance Tube Ankle Attachments

PUSH POSITION



PULL POSITION





When engaged, the lever drops down a center castor wheel that allows easy movement of the bench.



Resistance rails create a variety of training options by providing a multitude of anchor points along bench edges.

SPECIFICATIONS

LENGTH	44.1 IN (112 CM)
WIDTH	16.5 IN (42 CM)
HEIGHT	16.9 IN (42.9 CM)
INTERNAL STORAGE DIMENSIONS (LxWxD)	5.25 x 23 x 11.5 IN (13.3 x 58.4 x 29.2 CM)
BENCH WEIGHT	138 LB (62.8 KG)
ACCESSORY WEIGHT	164 LB (74.5 KG)
OVERALL WEIGHT	302 LB (137.2 KG)
SHIPPING WEIGHT	350 LB (159 KG)
STANDARD FRAME COLOR OPTIONS	Black
STANDARD UPHOLSTERY COLOR OPTIONS	Black
CONSTRUCTION	Steel Frame, Molded Foam Cushion

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

CORE
HEALTH & FITNESS

StairMaster®
SCHWINN
NAUTILUS
STAR TRAC®
THROWDOWN®