



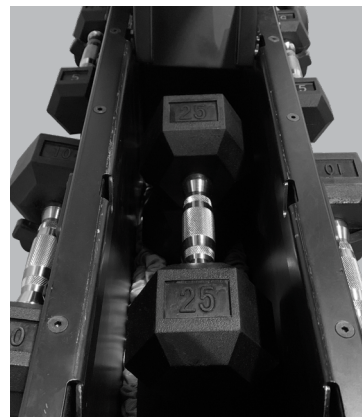
## THROWDOWN FXD BENCH

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

**OPTIONAL ACCESSORIES**



**KNUX FXD BENCH SET:**

- (2) Level 1 KNUX, (2) Level 2 KNUX, (2) Level 3 KNUX
- Plus KNUX Holder

SKU:  
TD-KNX-FXD-SET

**PUSH POSITION**



**PULL POSITION**





When engaged, the lever drops down a center caster 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

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

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