

# FM Gym: Sit-Up Benches & Poses



<b>Product Name:</b>	<a href="#">FM Gym: Sit-Up Benches &amp; Poses</a>
<b>Product ID:</b>	34265
<b>Published Artist(s):</b>	<a href="#">Flipmode</a>
<b>Created By:</b>	N/A
<b>Release Date:</b>	2016-09-21

## Product Information

- Required Products: *None*

It`s time for a good abs workout!

This set includes three sit-up benches (flat, curved, small) for 3Delight and Iray. Each bench comes in three color versions (white, black, red) matching the color scheme of the FM Gym set.

It`s a standalone add-on, the FM Gym set is not required to use it.

The feet and knee pillows can be moved with pose sliders and have a buldge morph.

Genesis 3 Male/Female get 20 sequential poses each, including the base sit-ups, oblique finish, relaxed and exhausted.

The hands are behind the head by default. Partial arm poses can move them in front of the chest or change to a "hold-dumbbell" position.

## Product Notes

### Installation Packages

Below is a list of the installation package types provided by this product. The name of each package contains a [Package Qualifier](#), which is used as a key to indicate something about the contents of that package.

- 1 Core <sup>1)</sup>

[ ] = *Optional, depending on target application(s)*

Not all installation packages provide files that are displayed to the user within the interface of an application. The packages listed below, do. The application(s), and the location(s) within each application, are shown below.

### FM Gym: Sit-Up Benches & Poses (Core)

- You can find new icons for loading this product in the following DAZ Studio Folders:
  - "People:Genesis 3 Female:Poses:FMGym SitUpBenches"
  - "People:Genesis 3 Male:Poses:FMGym SitUpBenches"
  - "Props:Flipmode:FM Gym SitUpBenches"
- You can find new icons for this product in the following DAZ Studio Categories:
  - "Poses:By Function:Exercise"
  - "Poses:By Region:Full Body"
  - "Poses:By Region:Partial Body:Arms"
  - "Props:Sports"

### Additional Details

- [Tips and Tricks](#)

Below is a list of files provided by the [FM Gym: Sit-Up Benches & Poses](#) product.

## Core

### FM Gym: Sit-Up Benches & Poses

- **Content :**

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## Resolved Issues

- *None*

## Known Issues

- *None*

## Support

Visit our site for [technical support](#) questions or concerns.

<sup>1)</sup>

The contents of this package are in DAZ Studio Native formats

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<http://docs.daz3d.com/> - **Documentation Center**

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