

Ab & Back Machine

singleSTATION - COREbody

FEATURES

A strong, functional torso requires well-defined abdominals and lower back. A successful workout of these complex muscle groups demands a routine built upon a foundation of consistency.

Body-Solid's Pro•Dual Ab Crunch Back Extension features a unique rotation position that provides correct, crunch-style movement for maximum abdominal contraction. The adjustable seat and foot hold-down rollers permit ergonomically correct pivot positioning.

With gracefully curved frames constructed from sleek, powder-coated tubing that exhibits a modern, design forward aesthetic, the Pro•Dual Ab Crunch Back Extension builds form into function and value into a superior modular strength training system.

- Dual function oversized 9" diameter adjustable roller pad for comfort in use and proper alignment for both ab and back exercises.
- Counterbalanced resistance arm with 14 adjustable starting points.
- Bio-mechanically angled seat with 5 gas-assisted adjustable positions is user-adjustable to achieve proper pivot point for exercise.
- 6-position adjustable leg pad/foot brace provides stability for users of all heights.
- Continuous welded, factory assembled weight frame
- Fibreglass reinforced nylon pulleys
- 11 gauge 60mm x 120mm oval tubing
- Electrostatically applied powder coated
- 5.5mm diameter, 1100kg rated aircraft cable
- Durafirm upholstery over 60mm high density foam
- 0.50 diameter connecting bolts
- 3 gauge steel connecting plates
- High density foam rubber hand grips and handles
- Industrially rated, sealed bearings at all pivot points
- Adjustable seat and leg hold downs
- Instructional placard included



TECHNICAL SPECIFICATIONS	
Usage	Commercial
Dimensions (cm)	109L x 130W x 158H
Weight Stack	90kg
Optional	136kg weight stack

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