

Body-Solid
Built for Life

GCAB360

Ab & Back Machine

singleSTATION - COREbody

FEATURES

This unique dual-function machine allows you to exercise two major muscle groups (the stomach and back) for one great low price. The innovative plate-load design is based on health club single station machines. We even incorporated 50mm x 100mm mainframe steel from our commercial grade line of equipment for institutional quality. The full-range cam design has an easy-to-use pop pin that allows an additional 26 adjustments to increase and control your range-of-motion. Break-through technology lets you tighten abdominal muscles, strengthen your lower back and increase flexibility. Weight plate post is 25mm diameter.

- Ultra-thick DuraFirm™ upholstery provides maximum comfort.
- Positioned at a 30° angle for precise bio-mechanical movement.
- 50mm x 100mm mainframe steel for exceptional Light Commercial quality.
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion.
- Adjustable lifting arm can be positioned for exercising both the abdominal and back muscles.

Weights NOT included

* Shown with optional OAS14 - Olympic Adapter Sleeve.



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	152L x 117W x 110H

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