

## Pro Series, Abdominal Crunch

This versatile line of strength equipment offers effective weight training solutions to maximise even the most compact spaces. Whether you are an experienced athlete or a complete beginner, all pieces in the Pro Series range are designed to offer a quick, straightforward and easy access workout.

The specially designed Pro Series, Abdominal Crunch allows the user to effectively train their abdominal muscles and strengthen hip flexors. With an easy weight selection using a selector pin and an easily adjustable starting position, this gives the user the utmost comfort and ease to train.



Chest Pad



Roller Pads



Easy Weight Selection



Exercise Placard



### Technical Specifications

<b>Rating</b>	Commercial
<b>Shroud</b>	The cage is adopted with single-sided ABS translucent plastics with excellent durability and impact resistance. The injection-moulded plastics provide higher stability
<b>Tubing</b>	Tube of main frame is primarily at a thickness of 2.5mm, functional part uses a 50*100 rectangular tube, which makes the whole unit more powerful.
<b>Upholstery</b>	Chest pad, back pad and seat cushions are adopted with polymer material, which ensures safety and comfort whilst using.
<b>Adjustments</b>	The adjustable starting position the proper set-up of the machine and user comfort.
<b>Product Weight</b>	89.5 kg 197 lbs
<b>Weight Stack</b>	91 kg 200 lbs
<b>Dimensions</b>	L 130 x W 148 x H 149 cm L 51 x W 48 x H 59 inches

### Key Features

<b>Ergonomic back pad design effectively eliminates the pressure of the lumbar during a workout.</b>	•
<b>The roller pad design ensures the stability of the user whilst performing the exercise and allows the user to train abdominal precisely.</b>	•
<b>The adjustable start position of the chest pad meets the demands of various users.</b>	•