

## Pro Series, Ab / Back

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.

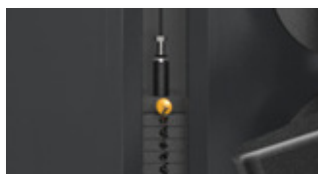
The specially designed Pro Series, Ab / Back Machine is designed to provide back and abdominal training. The user can set up personal settings and adjust the training position to effectively train their back and abdominal muscles through the movement of back extension and abdominal.



Adjustable Pads



Robust Design



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 seat and back pad allows the proper set-up of the machine and user comfort for a variety of different exercises.
<b>Weight Stack</b>	72.5 kg 160 lbs
<b>Dimensions</b>	L 159 x W 125 x H 153 cm L 63 x W 49 x H 60 inches

### Key Features

<b>Biomechanically accurate smooth trajectory movement</b>	•
<b>Multi-functional</b>	•
<b>The adjustable seat and back pad allows the proper set-up of the machine and user comfort for a variety of different exercises.</b>	•