

AB CRUNCH / LOWER BACK

HD-3600



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS

FEATURES

- Allows for back and ab exercises in one machine
- Multiple range-of-motion adjustments for both exercises
- Seven seat pad adjustments for varying user heights
- Angled foot pegs and horizontal foot pads provide multiple foot placement options

SPECS

- Product Dimensions L x W x H:
52.00" (132 cm) x 48.00" (122 cm) x 55.00" (140 cm)
- Product Weight:
553 lbs (251 kg) (HD) / 588 lbs (267 kg) (HDG)
- Weight Stack:
180 lbs (82 kg) (HD) / 215 lbs (98 kg) (HDG)



LOWER BACK



AB CRUNCH