

AB CRUNCH / LOWER BACK

HD-3600





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

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