

## AB CRUNCH/BACK ROW

The AB CRUNCH/BACK ROW combines the benefits of core conditioning with the simultaneous knee raise and back row exercises. An easily adjustable, multi-position starting point allows this machine to accommodate a wide range of users varying in size and flexibility levels. The multi-grip handle bars provide added user stability during exercise and allow users to find the most comfortable position for precise exercise execution.

### FEATURES

- Safer and more effective method of functional training for users of all ability levels
- Incorporates both upper and lower body exercises for a faster and more efficient workout
- Incorporate oblique muscles by unlocking the swiveling shin pad for added results
- Enables users to burn more calories and strengthen more muscle groups in less time

### SPECIFICATIONS

#### DIMENSIONS (L X W X H)

85" L x 31" W x 61" H / 216 cm x 79 cm x 155 cm

#### PRODUCT WEIGHT

557 lbs / 253 kg

#### COLOR

Charcoal/Black



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