

Innovative Ab Workouts

The Abs Bench X2 is designed with dual pivot motion to naturally perform a double-crunch exercise using both a forward-crunch movement and a reverse-crunch movement. The forward crunch and reverse crunch can be performed separately or simultaneously for an innovative abdominal workout. The Abs Bench X2 is the only commercial-quality abdominal bench that works both the upper and lower abs at the same time. Integrated weight horns on the upper and lower parts of the machine allow users to add and vary the resistance level for the forward- and reverse-crunch movements for a more challenging workout. The ergonomically-angled pads and foot pegs provide superior comfort and stabilization regardless of exerciser's size.

FEATURES

- Heavy-Duty Steel Construction
- Forward Crunch and Reverse Crunch Design
- Dual Weight Horns
- 50 lb. Olympic Weight Plate capacity
- Quick and Easy Assembly
- Extended Warranty

DIMENSIONS & WEIGHT

L 82" x W 36" x H 41" - Weight: 175 lb.

the **AbsBench**[™]
X2



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The Abs Bench incorporates the same ergonomic design that has made The Abs Bench X2 so popular in clubs worldwide. The Abs Bench places the user in the proper position to perform a perfect ab crunch with every rep. Its stationary lower attachment saves space and makes this an economical alternative to the Double Crunch Abs Bench X2.

FEATURES

- Heavy-Duty Steel Construction
- Forward Crunch and Reverse Crunch Design
- Dual Weight Horns
- 50 lb. Olympic Weight Plate capacity
- Quick and Easy Assembly
- Extended Warranty

DIMENSIONS & WEIGHT

L 69" x W 37" x H 40" - Weight: 139 lb.



Hard Abs Made Easy

follow us on:



call for details **1-866-219-5335** • outside the U.S. **1-908-879-2713**

www.theabscompany.com

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