

## AB CRUNCH/BACK

The FORCE line delivers an all-inclusive solution to meet the space and budget requirements for a variety of facilities, from community centers to multi-family living to hotels or resorts.

### FEATURES

- 4-position range of motion adjustment allows users to easily change between abdominal and low back exercises while remaining in the seated position
- Overhead grips and rolling back pad pre-stretch the abdominals during abdominal crunch movement and provide support throughout the entire range of motion on low back extensions
- Integrated lumbar support and large rubber coated foot platform provide support and encourage proper anatomical alignment during exercise

### SPECIFICATIONS

#### DIMENSIONS L X W X H

52.75" x 47.5" x 57" / 134 cm x 121 cm x 145 cm

#### PRODUCT WEIGHT (including weight stacks)

Standard - 484 lbs / 220kg

Heavy - 564 lbs / 256 kg

#### WEIGHT STACK

Standard - 175 lbs / 79 kg / 15 lbs top plate + 10 lbs increments

Heavy - 255 lbs / 116 kg / 15 lbs top plate + 15 lbs increments

#### COLOR

Powder coat finish in Charcoal

VINYL SEAT COLOR OPTIONS: Black

FRAME COLOR OPTIONS:

Custom Color options available.

Contact your sales representative for more information.



[truefitness.com](http://truefitness.com) | 800.426.6570 | 636.272.7100

©2020 TRUE Fitness Technology, Inc