



PL2400

Ab Crunch/Back Extension

Strengthen your external oblique, rectus abdominis, and thoracolumbar fascia with back extensions and abdominal crunches in one machine, all while remaining in a seated position for convenience. The lateral design pin for workout alternations is a feature device to easily control the lower movement arm. For working out your torso in either a rightward or leftward direction, thanks to the adjustable design of the foot braces.

Frame Finish: Two-coat powder process, electrostatically applied powder coat finish, black exterior / vermillion red texture

Upholstery: 2" re bonded scrap foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery

Handgrips: Dipped PVC handle

Welding: Continuous welds at all joints

Bearings: Commercial rated, sealed bearings at all pivot points

Max. User Weight: 264 lbs. / 120 kg

Dimensions: 132× 117.6×125 cm / 51.9" × 46.2" × 49.2"

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