

S-109 Abdominal Crunch

Specifications:

Dimensions:

US 43" W X 51" L X 63" H

Metric 109 cm W X 130 cm L X 160 cm H

Weight Stack:

US 265 lbs. total, 3-5 lb, 1-10 lb, 12-20 lb

Metric 120 kg total, 3-2 kg, 1-4 kg, 12-9 kg

Total Weight:

US 520 lbs.

Metric 236 kg



Features:

- Four bar linkage, gas-assisted seat adjusts to 8 positions for various size trainees.
- Starting range limiter adjusts to 8 positions for various size trainees while user is in the exercise position.
- Crunch designed motion for isolation of the abdominal muscles.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)