

GAB350

Synchronized-Recumbant Ab Bench



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The new Semi-Recumbent Synchronized Dual Ab Bench works your abs to perfection by allowing you to increase or decrease resistance with weight plates. Having trouble finishing a set of crunches using your own weight as resistance? Simply add weight to the plate holder to the rear of the machine for assistance.

Crunches are as comfortable as they are effective with extra thick and durable DuraFirm™ seat pads. The days of dreading crunches and sit-ups on a cold, hard, unforgiving floor are over. Make ab work more effective, comfortable and exciting with the new Crunch Bench by Body-Solid.

Dimensions: 65"L x 27"W x 43"H

Special Features

- Lifetime warranty
- Unique design provides easy entry and exit
- Incredibly effective in isolating the entire abdominal region
- Adjustable seat pad, roller bar (4 range of motion adjustments) and foothold to fit all users
- Provides maximum user comfort by positioning and stabilizing the lower back
- To increase resistance, add weights to the plate holder near feet
- To decrease resistance, add weights to post behind seat