

# GAB350

## Semi-Recumbent Dual Ab Bench

*Body-Solid®*  
Built for Life



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## Semi-Recumbent Dual Ab Bench

Perform the most effective crunches possible no matter what your level of fitness! The new Semi Recumbent Synchronized Dual Ab Crunch 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 Duraform 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. Backed for a LIFETIME of use by the best warranty in the industry

Weight: 81 lbs  
Dimensions: 27"W x 65"L x 43"H

## Special Features

- Unique design provides easy entry and exit
- 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.
- Olympic plate holders only

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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