

FULL COMMERCIAL ABDOMINAL MACHINE SAB1300

Get the sixpack you always wanted with this abdominal machine. Ab crunches are the most common abdominal exercises. But they are not always done on a safe way. Training on the Abcrunch SAB1300 will guarantee you a safe workout avoiding the possibility of being injured.

- Requires absolute no preconditioning (beginners)
- Isolates front abs
- Isolates left and right oblique's
- Puts no stress on the lower back
- Enjoyable workout, fun to use
- No maintenance needed
- Resistance can be increased - decreased

When you own a commercial location you only want to offer the very best to your customer. That's why you need to choose the Abcrunch. You're customers will love it.

The small footprint will allow you to put several Abcrunch machines next to each other.

Dynamic adjustment is the essence behind our new innovative technology. The user can adjust the interaction by changing angle and height of the seat.

As a result, the Abcrunch will offer your customers a unique training experience that achieves the unrestricted joint movement and core activating benefits of functional training.

The Abcrunch **SAB1300** abdominal machine, which isolates your abdominals better than any other workout method. Endorsed by chiropractors, gym owners and celebrities from all over the world.

The Abcrunch **SAB1300** targets both the upper and lower abs in perfect synchronicity while relieving strain from the lower back. The result is simple and effective, safe exercise, minimum time and one single machine.

Tone and strengthen your abdominals now in the comfort and convenience of your home gym with the incredible Abcrunch **SAB1300**.

More info at www.abcrunch.com



Technical info

Full Commercial

Seat can be positioned sideways to hit obliques

Seat pad can be locked in place or unlocked for pivoting movement

Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature

Starts the body in an upright posture with exercise handles overhead to pre-stretch the abdominal muscles

Avoids excessive hip flexion unlike traditional abdominal machines

Dimensions : 84 cm (L) x 105 (W) cm x 165 cm (H)

Weight : 90 kg

Maximum user weight: 145kg

Plate loaded : Olympic 50 kg

2 Storage locations included

Classified under EN957 / CE quality certification / commercial use

