

# AB CRUNCH / LOWER BACK

## HD-3600

LOWER BACK



AB CRUNCH



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
52.0" x 48.0" x 55.0" (132 cm x 122 cm x 140 cm)
- ◆ **PRODUCT WEIGHT HD**  
505 lbs (229 kg)
- ◆ **PRODUCT WEIGHT HDG**  
538 lbs (244 kg)
- ◆ **WEIGHT STACK HD**  
180 lbs (82 kg)
- ◆ **WEIGHT STACK HDG**  
215 lbs (98 kg)

## FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options