



Finnlo abdominal and back trainer (3869)



The hip and back pads of the Finnlo abdominal and back trainer can be adjusted comfortably and flexibly for a varied, posture-stabilizing abdominal and back workout.

CHF 269.00

Frequent and incorrect sitting and too little exercise are not good for your body and especially your back. Abdominal and back trainers are therefore used specifically to strengthen the core. A strong core promotes better posture and therefore relieves the strain on your spine. Posture-related back problems can thus be prevented. The abdominal trainers focus on the front of the body and, with the right training, shape the six-pack, while back trainers primarily train the back extensors. The exercises are often combined in one fitness machine.

The combined AB & BACKTRAINER from FINNLO also makes effective trunk training possible at home. The result: better posture and relief for the spine. The main advantage over other abdominal and back workouts is the special design of the AB & BACKTRAINER. This means that posture is already optimized during training. Depending on the body position, all abdominal muscles as well as gluteal and back muscles can be strengthened. Arm training in the form of biceps curls is also no problem on the FINNLO AB & BACKTRAINER. Weights can easily be stored under the bench. The ab and back trainer can withstand up to 150 kg.

Features:

- Training device for abdominal and back training, bicep training and a wide range of dumbbell exercises
- Inclination and height-adjustable hip/pelvis/leg and arm support pads
- Adjustable inclination angle of the training bench can be folded to save space
- Prevents the formation of a hollow back, which puts strain on the spine
- Can hold 1 pair of dumbbells
- High-quality, hygienic, ergonomically shaped upholstery material (upholstery color: black)
- Frame color: anthracite



- Dumbbells not included in the scope of delivery

Use: home use, payload: 150kg

Equipment dimensions: L156 x W68 x H95cm, folding dimensions: L118 x W68 x H33cm, weight 22kg

Option: 1 pair of dumbbells

Warranty: 1 year on labor, 3 years on spare parts (excluding consumables)