



Body Solid Semi-Recumbent AB-Bench GAB300



The classic jackknife exercise for an effective abdominal workout. The main reason to train on the Body-Solid GAB300 Semi-Recumbent is the fact that with this workout you are able to isolate different regions of your abdominal muscles. Perform abdominal crunches and knee raises independently or together while performing a comfortable workout from a biometrically correct position.

CHF 599.00

With the ability to adapt to users' changing fitness needs, the GAB300 provides an efficient workout for beginners and advanced exercisers. For beginners, the counterweight option helps you master the exercise movement. As your abdominal strength increases, you can increase resistance by adding weights for a productive and challenging workout limited only by your own increasing endurance and strength.

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. With Body Solid's new Crunch Bench, you can make your work more effective, comfortable and exciting.

When it comes to crunch time, the GAB300 Semi-Recumbent Ab Bench is the first choice for anyone serious about establishing and maintaining six-pack abs and well-developed obliques.

With the Body-Solid GAB300, you can build the core strength you need while defining: a flat stomach, a well-developed abdominal muscles, well-developed obliques, a well-developed chest, a stronger back, well-muscled arms, a stronger leg.

Equipment:

- Ab crunch bench for abdominal exercises
- additional training effect through disc support (50mm) at the head and/or foot part
- 5-fold seat height adjustment
- 5-fold arm length adjustment
- 4-fold leg length adjustment



- possibility to lock the arm section for isolated training sessions
- Possibility to lock the leg section for isolated training sessions
- ergonomic handles
- extra strong, high-quality DuraFirm padding, tear-resistant with double stitching
- color: silver-grey

Use: home to light institutional use, load capacity: approx. 200kg

Equipment dimensions: L175 x W87 x H132cm, weight 40kg

Option: 51mm discs

Warranty: 2 years on labor and spare parts (excluding consumables)