



Total Ab Crunch SAB1300



Are you tired of working out your abs without seeing results? Use Total AbCrunch abdominal machines, which isolate your abs better than any other training method. Recommended by chiropractors, gym owners and celebrities from around the world. Total AbCrunch abdominal training equipment targets both the upper and lower abs in perfect synchronicity while relieving pressure on the lower back. The result is a simple and effective safe workout, minimal time and a single machine.

CHF 1'899.00

Get the six pack you've always wanted with the Total AbCrunch SAB1300. Ab crunches are the most common ab exercises. But they are not always done in a safe way. Training on the Abcrunch SAB1300 guarantees a safe workout without risk of injury.

Equipment:

- resistance can be increased - decreased
- requires absolutely no preconditioning for beginners
- isolates the front abdominal muscles
- isolates left and right oblique abdominal muscles
- does not strain the lower back
- pleasant workout, fun to use
- no maintenance required
- seat pad can be locked or unlocked for a swivel motion
- seat can be positioned sideways to exercise lateral abdominal muscles
- swiveling seat pad allows for multiple abdominal exercises and leads to greater activation of the core muscles
- launches the body into an upright position with exercise grips above the head to pre-stretch the abdominal muscles
- avoids excessive hip flexion unlike traditional ab machines
- 2 disc trays
- max. weight load 50kg

**The Shark
Fitness Company**



Shark Fitness AG
Stores in Wettingen (ZH)
and Wil (SG)

056 427 02 25
info@sharkfitness.ch
www.sharkfitness.ch

Use: home to commercial use, payload: 145kg

Machine dimensions: 84 x 105 x 165cm, weight: 90kg

Options: Weight discs 51mm

Warranty: 2 years on labor & material (excludes consumables like pads)