



Total AbCrunch (GAB400)



Are you tired of working out your abs without seeing results? Use Total Abcrunch's ab machines, which isolate your abs better than any other workout method. Recommended by chiropractors, gym owners and celebrities from around the world. The Total AbCrunch ab workouts target 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. Tone and strengthen your abs now in the comfort of your home gym with the incredible Total Abcrunch GAB400.

CHF 949.00

Get the six pack you've always wanted with the Total AbCrunch GAB400. Ab crunches are the most common ab exercises. But they are not always performed in a safe way. Working out on the Abcrunch GAB400 guarantees a safe workout without the risk of injury.

Equipment:

- Resistance can be increased - decreased
- requires absolutely no preconditioning for beginners
- isolates the front abdominal muscles
- isolates left and right obliques
- does not strain the lower back
- comfortable 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
- swivel seat pad allows for multiple abdominal exercises and leads to increased activation of core muscles
- starts the body in an upright position with exercise grips above the head to pre-stretch the abdominal muscles
- avoids excessive hip flexion in contrast to conventional abdominal machines

**The Shark
Fitness Company**



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Use: home use, payload: 125kg

Machine dimensions: 75 x 85 x 155cm, weight: 60kg

Options: Weight plates 31mm

Warranty: 2 years on labour & materials (excludes consumables such as pads)