



Best Fitness Semi Recumbent AB Bench (BFAB20)



Crunch time with the Best Fitness Semi-Recumbent Ab Bench BFAB20. This ergonomically designed machine helps tone the abdomen, strengthen the back and improve core stability. Thanks to its dual functionality, you can work the lower abs with knee raises and the upper abs with abdominal crunches. The BFAB20's 45-degree seat angle allows you to isolate the abs for a more efficient workout. With two additional 5-degree recline positions, a full range of core exercises are also supported.

CHF 379.00

With the Best Fitness BFAB20 you can build the core strength you need while defining: a flat stomach, better defined abdominal muscles, well developed obliques, a defined chest, a stronger back, well muscled arms, a stronger leg.

Equipment:

- additional training effect due to disc support (25mm) at the head and/or foot part.
- Seat Angle - 45-degree start with 2 additional 5-degree recline positions (total of 3 positions available) provides exceptional freedom of movement and adjustability for users of all sizes
- Ab Crunch - upper movement with padding to support the upper back
- Knee Raise - lower movement with adjustable length foot rests with 2 positions
- unique seat design is easy to use without compromising function
- ergonomic handles
- durable padding
- safety pins and screws for adjustable positions allow easy disassembly or permanent setup
- color: red, upholstery: black

Use: home use, payload: approx. 150kg

Unit dimensions: L162.6 x W55.8 x H116.9cm, weight 27.5kg

Option: adapters, discs

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

**The Shark
Fitness Company**



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