

Abdominal Crunch

G3-S51



- Dual axis of rotation enhances user feel for a natural crunch movement muscle contraction
- Seat and handle position designed for greater user stability

EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	Yes

FRAME & BELT

Over-sized Frame Tubing	Yes
Frame finish	Proprietary two-coat powder process
Frame Color	Polarized Titanium
Belt Transmission	Reinforced 15/16" flat Kevlar/urethane belt

TECH SPECS

Overall Dimensions	142.8 x 112.2 x 150.5 cm / 56.2" x 44.2" x 59.3"
Total Weight	184 kg / 405 lbs.
Weight Stack	91 kg / 200 lbs.
Shipping Weight	227 kg / 500 lbs.

WEIGHT STACK

Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.
Suspension	3-Point Design
Guards & Pulleys Covers	Yes
Deck Step Height	Yes
Weight Pins	Magnetic & tethered