

Abdominal Crunch

G7-S51



- Curved back pads for full muscular contraction and comfort
- Dual pivot design for natural abdominal crunch motion
- Self-aligning handles adjust to accommodate users of all sizes
- Action Specific Grips provide greater comfort and minimal point pressure

ADJUSTMENTS

User adjustment range	7 position seat
Machine assisted user adjustments	Spring assisted back pad
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

Machine anchoring	Independent machine hold down brackets
Cable transmission	Internally lubricated cables & fittings
Frame color	Iced Silver
Frame finish	Proprietary two-coat powder process

TECH SPECS

Overall dimensions	132.4 x 119.6 x 147.7 cm / 52.1" x 47.1" x 58.1"
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years

TECH SPECS

Product Weight	259 kg / 571 lbs.
Shipping Weight	280 kg / 617 lbs.

USER AMENITIES

Rep counter	Electronic counter displays reps, exercise time and rest time
Contoured seat	Yes
Personal storage	Dual size bottle holder, tactile storage mat and towel holder
Placard color coding	Green (core)
Rear placards	Color-coded machine identification
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine

WEIGHT STACK

Consistent 52" stack height	Yes
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Incremental weight system	2.5 lbs, 5 lbs, 7.5 lbs
Weight plate increments	10 lbs
Total stack weight	109 kg / 240 lbs
Weight stack guarding	Full front and rear shields