

AB CRUNCH / LOWER BACK

HD-3600

LOWER BACK



AB CRUNCH



MULTIPLE FOOT PLACEMENTS



ADJUSTABLE EXERCISE POINTS



SPECS

PRODUCT DIMENSIONS (L X W X H)

48.00" X 49.25" X 55.00" (122 cm X 125 cm X 140 cm)

PRODUCT WEIGHT HD

505 lbs (229 kg)

517 lbs with RS-CAGE-NG-OPT1 (235 kg)

PRODUCT WEIGHT HDG

538 lbs (244 kg)

550 lbs with RS-CAGE-NG-OPT1 (249 kg)

WEIGHT STACK HD

180 lbs (82 kg)

185 lbs with RS-CAGE-NG-OPT1 (84 kg)

WEIGHT STACK HDG

215 lbs (98 kg)

220 lbs with RS-CAGE-NG-OPT1 (100 kg)

FEATURES

- ◆ Bi-directional press-arm allows for back and abs exercises in one machine
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Seven seat pad adjustments for varying user heights
- ◆ Angled foot pegs and horizontal foot pads provide multiple foot placement options
- ◆ Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT1)