



We Change Lives from the Core®

the **AbsBench™**
X3

Abs Bench™ X3

3 Benches in 1



SCAN QR CODE FOR
ABS BENCH X3
WORKOUTS

ABOUT THE ABS BENCH™ X3

The patented Abs Bench X3™ is the most effective and versatile Abs Bench ever made. Its dual-pivot design makes for 3 benches in one! Independently or together, work the upper and lower abs. The all-new construction allows for easier assembly, a lower starting weight, and a more sturdy bench!

Dimensions:

L 82" x W 36" x H 41"

(208 cm x 91 cm x 104 cm)

Unit Weight: 175lb (80 kg)

Training Range

Top: 13-53 lbs (6-23.5kg)

Bottom: 13-53 lbs (6-23.5kg)

Dual Upper Handles

- 01** 2 sets of adjustment-free handles allow users of all sizes and abilities to effectively use the Abs Bench™ X3.

New Linkage System

- 02** All New linkage system allows for smoother motion, easier installation, and greater lifetime durability.



Double Crunch Technology

- 03** Designed to naturally perform a double-crunch exercise using an independent forward and reverse-crunch movement.

Progressive Training

- 04** Increase intensity by adding 2" Olympic weights to the upper and/or lower weight horns of the Abs Bench™ X3.



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