ABS

RS-1601

FEATURES

- Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Begins in an upright posture with exercise handles overhead to pre-stretch the abdominal muscles
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyper extension or unnatural loading of the spine

SPECS

- Product Dimensions L x W x H:
  41.00” (104 cm) x 63.50” (161 cm) x 61.75” (156 cm)
- Product Weight: 553 lbs (251 kg)
- Weight Stack: 345 lbs (157 kg)

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