FORCE
AB CRUNCH/BACK
SD-1004

The Force line delivers an all-inclusive solution to meet the space and budget requirements for a variety of facilities, from community centers to multi-family living to hotels or resorts.

FEATURES

- 4-position range of motion adjustment allows users to easily change between abdominal and low back exercises while remaining in the seated position
- Overhead grips and rolling back pad pre-stretch the abdominals during abdominal crunch movement and provide support throughout the entire range of motion on low back extensions
- Integrated lumbar support and large rubber coated foot platform provide support and encourage proper anatomical alignment during exercise

SPECIFICATIONS

DIMENSIONS (L x W x H)
53" x 48" x 57" / 135cm x 122cm x 145cm

PRODUCT WEIGHT

Weight Stack Options	175 lbs / 79 kg	255 lbs / 116 kg
Machine Weight	484 lbs / 220 kg	564 lbs / 256 kg

COLOR OPTIONS
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.