

# ABS

## VERTICAL CRUNCH™

The patented Vertical Crunch™ is a complete Core Training machine in a space-saving design. The linkage system allows beginners to easily sit and perform an effective double-crunch motion. The Free Swivel padded seat allows for a seamless transition to oblique training. Advanced users can progress by adding additional resistance.



- 01 Extended Handles**
- 02 Rear Weight Posts**
- 03 Patented Linkage System**
- 04 Free swivel seat**



### Dimensions:

L 39" x W 41" x H 69"  
(91 cm x 107 cm x 160 cm)  
Unit Weight: 195 lb (34 kg)

Training Range: 20-80 lb  
(9-36 kg)

## LUMBAR X™

The patented LumbarX™ is a versatile piece of equipment designed for development of the lower back, glutes, and hamstrings. A fundamental piece of equipment for core training.

- 01 Hinged Pads**
- 02 Ergonomic Handles**
- 03 Telescoping Height**
- 04 Non-Slip Foot Plates**

### Dimensions:

L 50" x W 32" x H 35"  
(127 cm x 81 cm x 89 cm)  
Unit Weight: 75 lb (34 kg)

