

# ABS



## 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!

- 01 Dual Upper Handles**
- 02 New Linkage System**
- 03 Double Crunch Technology**
- 04 Progressive Training**

### 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)



## ABS BENCH™ ELITE

The patented Abs Bench Elite places the user in the proper position to perform a perfect crunch with every rep. It's stationary lower attachment allows for use in a smaller footprint.

- 01 Ergonomic Handles**
- 02 Progressive Training**
- 03 New Linkage System**
- 04 Adjustment Free Bench**

### Dimensions:

L 66" x W 36" x H 41"  
(215 cm x 91 cm x 104 cm)  
Unit Weight: 139 lb (63 kg)

Training Range: 17-53 lb  
(8-24 kg)

