

Traditional Core Training Equipment

the **Vertical** CRUNCH™

The space saving Vertical Crunch provides a complete abdominal workout — upper, lower and obliques in one machine. Its free swivel seat allows the user to seamlessly change from rectus abdominus to obliques without pausing the workout. Plate loading allows for increased intensity for advanced users and the built in weight storage keeps your fitness floor neat and orderly.

DIMENSIONS & WEIGHT

L36" x W42" x H63 - Weight: 195 lb.



LUMBAR X™

This 45-degree back extension bench is a versatile piece of equipment that is designed for development of the lower back, glutes, and hamstrings. Its comfortable padding and telescoping height make it the perfect complement for an entire core workout.

DIMENSIONS & WEIGHT

L50" x W32" x H35" - Weight: 75 lb.



Hard Abs Made Easy

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