

## Abdominal Crunch S931

Status series includes 3 pieces that target the body's core, which is critical for increasing the ability to perform daily activities, improving athletic performance and preventing injury.

- Counter-weighted pivoting seat delivers a fluid range of motion
- Converging upper and lower body action engages more core muscles in one natural movement
- Back support keeps body stable to isolate abdominal muscles
- Incremental 3.5 and 6.5 lb. micro-loading adjustments



### Dimensions

1100 × 1350 × 1620 mm

### Stack Weight

120 Kg

### FEATURES AND SPECIFICATIONS

#### FEEDBACK.

Stainless steel guide rods resist rust, chipping, and pitting, provides smooth travel and added value , Ball bearings and Kevlar belts (or coated cables) provide smooth, quiet movement , 5-inch shrouded pulleys provide faultless belt tracking

#### WORKOUTPROGRAM

Comfortable cushions, correct ergonomics , Pivot points called out with orange dots for optimal alignment , Magnetized selector fork instantly locks into place for quick, secure action , Retracting cord keeps selector fork from disappearing while eliminating clutter , Flat “fork-style” selector supports weight plates, rather than balancing on a thin, single selector pin , Precision sound dampeners keep stack action quiet , Cold rolled steel weight plates resist rust, convey quality

#### ACCESSORIES

- 11-gauge (3 mm) steel elliptical tube means lasting strength
- Rip-resistant marine quality upholstery with industrial strength cushioning
- Dual powder-coated platinum paint resists scratches and scuffs
- Kevlar belts for quiet, smooth action and optimal tensile strength; coated cables have 2200 lb. tensile strength aircraft cable

#### WARRANTY