

ABDOMINAL MACHINE

JXCR - 603 - RBK - BL

This machine is designed to imitate a floor crunch while targeting the lower abdominal muscles. The machine makes sure of the body's axis alignment for a biomechanically correct position. The Jerai Fitness Abdominal provides a maximum weight of up to 220 lbs.



FEATURES

- ◆ **Ergonomic Design:** Maintains proper posture to target abs while reducing back strain.
- ◆ **Adjustable Seat & Pads:** Customizable for comfort and ideal positioning.
- ◆ **Smooth Resistance:** Precision weight stack ensures fluid and consistent motion.
- ◆ **Wide Base:** Provides stability and safety during workouts.
- ◆ **Padded Support:** High-density foam enhances comfort during intense sessions.

SPECIFICATIONS

DIMENSIONS:

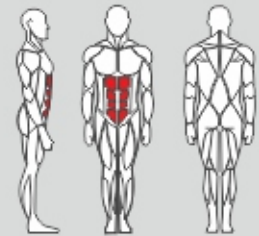
Length: 52 inches / 132 cms

Width: 44 inches / 112 cms

Height: 62 inches / 157 cms

Weight: 520 lbs / 236 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Rectus Abdominis

COLOUR AVAILABLE: Dark Silver