

## ABDOMINAL MACHINE

JPRCR - 601 - RBK - BL

The Abdominal Machine from the X-Pro Series is designed to isolate and develop the core with controlled motion and resistance. Designed to isolate and strengthen the core, the Abdominal Machine provides targeted resistance for effective abdominal training. Its forward crunching motion aligns with the natural spinal curve, enhancing contraction while minimizing strain. The machine features an adjustable seat, comfortable back support, and contoured arm pads to ensure proper positioning and stability during use.



### 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:

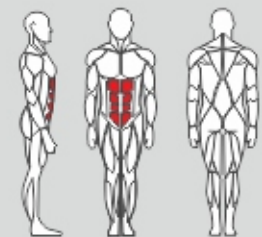
Length: 48 inches / 122 cms

Width: 44 inches / 112 cms

Height: 60 inches / 152 cms

Weight: 480 lbs / 217.8 kg

Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Rectus Abdominis

**COLOUR AVAILABLE:** Black.