

## ABDOMINAL BOARD ADJUSTABLE

JPRBR - 107 - RBK - BL

The Abdominal Board Adjustable from the X-Pro series is engineered to enhance core workouts through adjustable resistance. Engineered for effective core training, the Abdominal Board Adjustable allows users to perform a wide range of abdominal exercises with varying difficulty levels. The multi-position adjustable backrest provides customizable angles for progressive resistance, while high-density foam rollers lock the legs securely in place for added comfort and control.



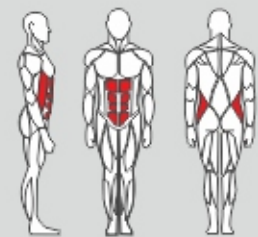
### FEATURES

- ◆ **Adjustable Design:** Multiple incline settings allow users to target different abdominal muscles effectively.
- ◆ **Durable Construction:** Heavy-duty frame ensures stability and long-lasting durability for intense core workouts.
- ◆ **Ergonomic Padding:** High-density foam padding provides comfort and reduces strain during exercises.
- ◆ **Leg Rollers for Support:** Padded leg rollers offer stability and secure positioning for proper form.
- ◆ **Compact and Space-Saving:** Ideal for home or commercial gym setups, requiring minimal space.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 72 inches / 183 cms  
Width: 28 inches / 71 cms  
Height: 39 inches / 99 cms  
Weight: 131 lbs / 63.7 kg



**MUSCLE WORKED:** Abdominal Muscles

**COLOUR AVAILABLE:** Black.