

Ab-X

Discovery™ Series Benches and Racks

Abdominal Trainer



Increased core strength and well-defined abs are popular fitness goals for many exercisers. With the sound biomechanics of the Ab-X Abdominal Trainer, exercisers enjoy an efficient, supported way to get their “crunches” in without getting on the floor. The unique design features a floating pivot point, positioning the exerciser for the ideal “crunch” movement.

The small footprint of the Ab-X gives you flexibility when placing it in your free weight or stretching areas of your facility.



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Frame and Finish

Heavy-duty steel tubing is welded in all structural areas.
Powder coated frame.

Superior Upper Back & Head Support

Contoured pads reduces stress to neck and shoulders.

Slip Resistant Handles

Handles have a slip resistant rubber sleeve with machined alloy end-cap.

Low Maintenance

Built to last, with durable construction and high-quality components.

Specifications

Dimensions (L x W x H): 68 x 36 x 38 in / 173 x 90 x 97 cm

Product Weight: 150 lb / 68 kg

Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame



Gloss Metallic
Silver

Upholstery



Black

*Colors may vary.

