

PE-305

Seated Crunch



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Description :

- Adjustable sternum pad accommodates a wide variety of users.
- Fixed roller pads at ankles allow users better stability during exercise.
- Variable resistance cam reflects natural strength curve.

Specifications :

- Width : 43" (109 cm)
- Height : 60" (152 cm)
- Length : 45" (114 cm)
- Weight : 476 lb (216 kg) optional: 581 lb (264 kg)
- Weight Stack : 205 lb (93 kg) optional: 310 lb (141 kg)