

ABS

RPL-5601



FEATURES

- Seat pad can be locked in place or unlocked for swiveling movement
- Swiveling seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine

SPECS

- Product Dimensions L x W x H:
42.75" (109 cm) x 41.50" (106 cm) x 62.50" (159 cm)
- Product Weight: 195 lbs (89 kg)
- Max Storage: 180 lbs (82 kg)
- Max Capacity: 800 lbs (363 kg)

(Weight plates NOT included)