

freemotion.

EPIC FREE WEIGHT

ABDOMINAL BENCH

MODEL # **F213**



STRENGTH EPIC FREE WEIGHT

The first things you may notice about the EPIC Abdominal Bench are the wider-than-normal bench pad and how it positions feet up. The flat and decline positions turn up the intensity; add a kettlebell and this strength training workout instantly transforms into an aerobic one. Pads are made with high-quality vinyl and long-lasting 1.5 in (3.8 cm) foam. Bolt-down holes add to the bench's stability. Made with heavy-duty 11-gauge steel construction, the Freemotion Ab Bench is also electrostatically powder-coated for a professional finish.



EPIC FREE WEIGHT ABDOMINAL BENCH

PRODUCT FEATURES

PERFECT POSITIONING

With six backrest settings and pop-pin adjustment, this machine works for everyone.

EVERYBODY IN

Vinyl covered, 1.5 in (3.8 cm) foam leg pads are contoured - and have multiple settings - to accommodate a variety of users and exercise preferences.

SAFETY FIRST

For added security, this bench can be bolted to the floor through pre-drilled holes.

BOLT-DOWN HOLES

For added safety, this squat rack can be bolted to the floor through pre-drilled holes.

INDUSTRIAL CONSTRUCTION

The Abdominal Bench is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

CUSTOMIZABLE COLOR OPTIONS

A variety of color options are available to match your gym or specific color preferences. A surcharge may apply.

WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys
1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories

SPECIFICATIONS

Adjustments	Leg pads to fit many users Backrest - 6 settings
Upholstery	Stretched/Sewn vinyl 1.5 in (3.8 cm) thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	13.93 ft ² (1.29 m ²)
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	59 x 34 x 41 in (149.8 x 86.3 x 104.1 cm)
Shipping Dimensions (LxWxH)	Box 1: 49.6 x 35.4 x 25.7 in (125.9 x 89.9 x 65.2 cm) Box 2: 19 x 6.3 x 25.7 in (48.2 x 16 x 127 cm)
Shipping Weight	Box 1: 109 lbs (49.4 kg) Box 2: 40 lbs (18.1 kg)
Regulatory Approval	EN957, CE