

ABDOMINALS

RPL-5601



LOCKABLE PIVOTING EXERCISE SEAT



WIDE RANGE GRIP HANDLES



SPECS

PRODUCT DIMENSIONS (L X W X H)

42.75" x 41.50" x 62.50"
(109 cm x 106 cm x 159 cm)

PRODUCT WEIGHT

231 lbs (105 kg)

MAX STORAGE

180 lbs (82 kg)

MAX CAPACITY

800 lbs (363 kg)

FEATURES

- ◆ Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- ◆ Seat pad can be locked in place or unlocked for swiveling movement
- ◆ Rocking movement lowers the hips to increase the involvement of the abdominal muscles
- ◆ Designed to offer constant lumbar, thoracic and cervical support to avoid hyper extension or unnatural loading of the spine
- ◆ Generous built-in weight storage